

AHAVAH RABBAH

אַהַבָּה רַבָּה אַהַבְתָּנוּ יְיָ אֱלֹהֵינוּ  
 חֲמֵלָה גְדוֹלָה וַיִּתְּרָה חֲמֵלָתְךָ עָלֵינוּ:  
 אָבִינוּ מִלְּכֵנוּ בְּעֵבוֹר אַבוֹתֵינוּ שֶׁבִטְחוּ בְךָ  
 וַתִּלְמַדְם חֲקֵי חַיִּים כֵּן תִּחַנְּנוּ וַתִּלְמַדְנוּ:  
 אָבִינוּ הָאֵב הַרְחֵמְנוּ הַמְרַחֵם. רַחֵם עָלֵינוּ  
 וְתֵן בְּלִבְנוּ לְהִבִּין וּלְהַשְׁכִּיל לְשִׁמְעַע לְלַמֵּד וּלְלַמֵּד  
 לְשָׁמֵר וּלְעֲשׂוֹת וּלְקַיֵּם  
 אֶת־כָּל־דְּבָרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה:  
 וְהֵאָר עֵינֵינוּ בְּתוֹרַתְךָ וְדַבֵּק לִבְנוּ בְּמִצְוֹתֶיךָ  
 וַיַּחַד לְבָבְנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שִׁמְךָ  
 וּלְאַיִנְבוֹשׁ לְעוֹלָם וָעֶד.  
 כִּי בְשֵׁם קִדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בְּטַחְנוּ  
 נִגְיָלָה וְנִשְׁמָחָה בִּישׁוּעָתְךָ:

(continued)

Ahavah rabbah ahav-tanu Adonai Eloheynu,  
 Hemla g'dola vi-y'teyra ha-malta aleynu.  
 Avinu mal-keynu, ba-avur avo-teynu sheh-bat-ḥu v'ha,  
 Va-t'lam-deym ḥukey ha-yim,  
 Keyn t'honey-nu ut-lam-deynu.  
 Avinu ha-av ha-raḥa-man ha-m'raḥeym,  
 Raḥeym aleynu, v'teyn b'li-beynu l'havin ul-has-kil,  
 Lish-mo-a, lil-mod u-l'la-meyd, lish-mor v'la-asot,  
 Ul-ka-yeym et kol divrey talmud tora-teḥa b'ahavah.  
 V'ha-eyr ey-neynu b'tora-teḥa,  
 V'da-beyk libeynu b'mitz-voteḥa,  
 V'ya-ḥeyd l'va-veynu l'ahavah ul-yirah et sh'meḥa,  
 V'lo ney-vosh l'olam va-ed.  
 Ki v'sheym kod-sh'ḥa ha-gadol v'ha-nora bataḥ-nu  
 Nagila v'nis-m'ha bi-y'shu-ateḥa.

**AHAVAH RABBAH: God's gifts of love and Torah**

With abounding love have You loved us, Lord our God; great and overflowing tenderness have You shown us.

*Avinu Malkeynu*, for the sake of our ancestors who trusted in You, and whom You taught the laws of life, be also gracious to us and teach us.

Merciful God, have compassion upon us. Endow us with understanding and discernment, that we may study Your Torah with devotion.

May we heed its words and transmit its precepts; may we follow its instruction and fulfill its teachings in love.

Enlighten our eyes in Your Torah and make our hearts cling to Your commandments. Grant us singleness of purpose to love and revere You, so that we may never be brought to shame.

For we trust in Your awesome holiness; may we rejoice and delight in Your deliverance.

*(continued)*

**WITH ABOUNDING LOVE**

Immediately *before* the *Shema*, we are reminded of God's "abounding love" for us. Immediately *after* the *Shema* (in *Vahavta*), it is we who are called upon to love God—with all of our heart, soul, and might.

God's love came first. Because of this love, God endowed us with the capacity to love—and lovingly gave us the gift of Torah.

In the Torah, we have found the sustaining purpose for which to live. Through the Torah, we have been given the strength and inspiration with which to live.

Morning and night, our prayers remind us of God's love, so that we may be moved to love God, and to let the Torah's spirit guide our lives.