

יִשְׁמְחוּ בְּמַלְכוּתָהּ שׁוֹמְרֵי שַׁבַּת וְקוֹרְאֵי עֲנִי.
עַם מְקַדְשֵׁי שְׁבִיעֵי כָּלֶם יִשְׁבְּעוּ וַיִּתְעַנְּנוּ מִטוֹבָהּ.
וְהַשְּׁבִיעֵי רָצִיתָ בּוֹ וְקִדְשָׁתוּ.
חֲמֻדַּת יָמִים אוֹתוֹ קְרֵאתָ.
זָכַר לְמַעֲשֵׂה בְּרֵאשִׁית:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. רָצָה בְּמִנוּחָתֵנוּ.
קִדְשָׁנוּ בְּמִצְוֹתֶיךָ וְתַן חֶלְקֵנוּ בְּתוֹרָתֶךָ.
שְׁבַעְנוּ מִטוֹבָהּ וְשִׁמְחָנוּ בִּישׁוּעָתֶךָ.
וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת.
וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קִדְשֶׁךָ.
וְנִגְדְּחוּ בָּהּ יִשְׂרָאֵל מְקַדְשֵׁי שְׁמֶךָ.
בְּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת:

Yis-m'hu v'mal-ḥut-ḥa shomrey shabbat v'korey oneg,
Am m'kad-shey sh'vi-i
Kulam yis-b'u v'yit-angu mi-tuveha,
V'ha-sh'vi-i ratzita bo v'kidash-to,
Hemdats yamim oto karata, zeyher l'ma-asey v'reyshit.

SHABBAT—A HERITAGE OF HOLINESS AND JOY

They who keep the Sabbath, calling it a delight,
Rejoice in Your sovereignty.
They who hallow the seventh day
Find satisfaction and pleasure in Your goodness.
For You favored the seventh day and hallowed it,
Proclaiming it the most precious of all days,
Recalling the work of Creation.

RETZEY VI-M'NUHATEYNU:

Accept our rest, and purify our hearts

Our God and God of our ancestors,
may our Shabbat rest be acceptable to You.
May Your Mitzvot lead us to holiness,
and may we be among those
who devote themselves to Your Torah.
May we find contentment in Your blessings,
and joy in Your sustaining power.
Purify our hearts to serve You in truth,
and help us to enjoy, in love and favor,
the heritage of Your holy Shabbat.
May Your people Israel, who sanctify Your name,
find true rest on this day.
Praised are You, O Lord,
who sanctifies the Shabbat.

*Eloheynu vey-lohey avo-teynu,
R'tzey vi-m'nuha-teynu,
Kad-sheyne b'mitz-vo-teha,
V'teyn hel-keynu b'tora-teha,
Sab-eynu mi-tu-veha,
V'sam-heyne bi-y'shu-ateha.
V'taheyv libeynu l'ov-d'ha be-emet,
V'han-ḥi-leyne Adonai Eloheyne
B'ahava u-v'ratzon shabbat kod-sheha,
V'ya-nuḥu va yisrael m'kad-shey sh'me-ha,
Baruḥ ata Adonai, m'kadeysh ha-shabbat.*