

## Mindfulness Texts for Shabbat



הגלה נא ופרש חביבי עלי, את סבת שלומך.

Higaleh na ufros havivi, alai et sukkat shelomakh.

**Please, my beloved, reveal Yourself. Spread the shelter of Your love over me.**

*(Yedid Nefesh, Rabbi Elazar ben Moshe Azikri)*

טוב להדות לה' ולזמר לשמך עליון,  
להגיד בבקר חסדך, ואמונתך בלילות.

Tov lehodot l'Adonai, ulezamer leshimkha elyon.

Lehagid baboker hasdekha, ve-emunatkha baleilot.

**It is good to thank you, Adonai and sing your name, Most High;  
To proclaim your love at daybreak, Your faithfulness each night.**

*(Psalm 92)*

מה גדלו מעשיך ה' מאד עמקו מחשבתך.

Mah gadlu ma'asekha Yah me-od amku mahshevotekha.

**How great are Your works, Adonai, how deep are Your designs.**

*(Psalm 92)*

ופרוש עלינו סבת שלומך.

Ufros aleinu sukkat shelomekha.

**Spread over us a shelter of peace.**

*(Hashkiveinu, Arvit liturgy)*

יהי-שלום בחילך שלוה בארמנותיך.

Yehi shalom beheilekh shalvah be-armenotayikh.

**May there be peace within your walls, serenity within your homes.**

*(Psalm 122)*

עזי וזמרת יה ויהי לי לישועה.

Ozi vezimrat Yah vayehi li lishu'ah.

**God is my strength, my song, and has become my salvation.**

*(Psalm 118)*

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