

## **Bedtime Prayers / Readings**

**From Siddur Sim Shalom: A Prayerbook for Shabbat, Festivals and Weekdays / 1985, pp. 245 - 249**

### **BIRKAT HAMAPIL (Blessing that praises God for bringing on sleep)**

Praised are You, Lord our God, King of the universe, who brings sleep to my eyes, slumber to my eyelids. May it be Your will. Lord my God and God of my ancestors, that I lie down in peace and that I arise in peace. Let my sleep be undisturbed by troubling thoughts, bad dreams, and wicked schemes. May I have a night of tranquil slumber. May I awaken to the light of a new day, that my eyes may behold the splendor of Your light. Praised are You, Lord whose glory gives light to the entire world.

### **THE SHEMA**

God is a faithful King.

Hear, O Israel: the Lord our God, the Lord is One.

Praised be His glorious sovereignty throughout all time.

Love the Lord your God with all your heart, with all your soul, with all your might. And these words which I command you this day you shall take to heart. You shall diligently teach them to your children. You shall recite them at home and away, morning and night. You shall bind them as a sign upon your hand, they shall be a symbol above your eyes, and you shall inscribe them upon the doorposts of your homes and upon your gates. ([Deuteronomy 6:4-9](#))

Help us, our Father, to lie down in peace; and awaken us to life again, our King. Spread over us Your shelter of peace, guide us with Your good counsel. Save us because of Your mercy. Shield us from enemies and pestilence, from starvation, sword and sorrow. Remove the evil forces that surround us, shelter us in the shadow of Your wings. You, O God, guard us and deliver us. You are a gracious and merciful King. Guard our coming and our going, grant us life and peace, now and always.

Praised is the Lord by day and praised by night, praised when we lie down and praised when we rise up. In Your hand are the souls of the living and the dead, the life of every creature, the breath of all flesh. Into Your hand I entrust my spirit: You will redeem me, Lord God of truth. Our God in Heaven, assert the unity of Your rule; affirm Your sovereignty, and reign over us forever.

May our eyes behold, our hearts rejoice in, and our souls be glad in our sure deliverance, when it shall be said to Zion: Your god is King. The Lord is King, the Lord was King, the Lord shall be King throughout all time. All sovereignty is Yours; unto all eternity only You reign in glory, only You are King. Praised are You, Lord and glorious King, eternal Ruler over us, and over all creation.

***(These biblical verses recall God's blessings and protection in ancient times:)***

Then Jacob said: "May the angel who has redeemed me from all harm bless the lads. May they carry on my name and the name of my fathers, Abraham and Isaac. May they become teeming multitudes upon the earth." And God said: "If you will listen diligently to the voice of the Lord your God, doing what is right in His sight, heeding His mitzvot and keeping all His laws, then I will not inflict upon you any of the diseases that I brought upon the Egyptians, for I the Lord am your healer." The angel of the Lord said to Satan: "The Lord rebuke you, Satan. May the Lord who has chosen Jerusalem rebuke you. Is not this man a brand snatched from the fire?" Behold Solomon carried in his litter — sixty of Israel's heroes are its escort. All of them are skilled swordsmen, all trained at war, each with his sword at the ready to ward off any danger of the night. May the Lord bless you and guard you. May the Lord show you favor and be gracious to you. May the Lord show you kindness and grant you peace.

The Guardian of Israel neither slumbers nor sleeps.

I wait for Your deliverance, O Lord.

The Lord eternal reigned before the birth of every living thing.

When all was made as He ordained, then only He was known as King.

When all is ended He will reign alone in awesome majesty.

He was, He is, and He will be, glorious in eternity.

Peerless and unique is He, with none at all to be compared.

Beginningless and endless. His vast dominion is not shared.

He is my God, my life's redeemer, my refuge in distress.

My shelter sure, my cup of life, His goodness limitless.

I place my spirit in His care, when I wake as when I sleep.

God is with me. I shall not fear, body and spirit in His keep.

**BEDTIME SHEMA FOR YOUNG CHILDREN**

Hear, O Israel: the Lord our God, the Lord is One.

Praised is the Lord by day and praised by night,

praised when we lie down and praised when we rise up.

I place my spirit in His care, when I wake as when I sleep.

God is with me, I shall not fear, body and spirit in His keep.

Additional Information:

1. Someone said it would be nice to have the prayers in Hebrew. Here is a link to a pdf prepared by a kabbalah group that includes the Shema, the HaMapil prayer and other readings in English and Hebrew, with transliteration. Click on the link below or copy and paste the link into your browser.

[http://www.kblh4all.com/Siddur/Siddur\\_Ishi/K4A\\_Bedtime\\_SHEMA.pdf](http://www.kblh4all.com/Siddur/Siddur_Ishi/K4A_Bedtime_SHEMA.pdf)

2. Here is the extra prayer, from the book "Jewish Spiritual Practice by Yitzhak Buxbaum. The version of the prayer in the book is quite long. This is what I read to the group:

Blessed are You, O God, who has given me this bed and this place in which to rest and sleep in safety and comfort. You have created sleep for us so that we can be refreshed and renewed to serve You tomorrow with greater strength. Let that be my portion and my resolve -- to serve You tomorrow with renewed strength, And let my sleep be considered a preparation for tomorrow's divine service..

3. Here is some of Buxbaum's material on taking account of your day before going to sleep.

According to the rabbis, one should be a "master of accounts." This is one of the instructions in the Bratzlaver Seder Ha-Yom.

Be a Master of Accounts -- Thank God for all the good that you merited to do that day, and make confession for you your failings in thought, word and deed.

And from Rabbi Moshe Teitelbaum, in *Hanhagot Tzaddikim*:

Before sleep you should be like a storekeeper who carefully goes over his books at the end the day, to consider everything you did that day or good and for bad.