

קַבֵּלַת עוֹל מַלְכוּת שָׁמַיִם וְעוֹל הַמָּשִׁיחַ

KABALAT OL MALCHUT SHAMAYIM V'OL HAMASHIACH

(Taking Upon Oneself the Yoke of the Kingdom of Heaven and the Yoke of the Messiah)

[To be recited after the Shema, before the Amidah]

Leader: As our ancestors at Sinai declared, "All that the Lord has spoken, we will do and we will hear" (Exodus 24:7), so we now prepare to take upon ourselves the dual yoke—the yoke of Heaven and the yoke of the Messiah who sits at the right hand of power.

All: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:29-30)

Leader: We accept the yoke of Your Kingdom, O God of Abraham, Isaac, and Jacob, to love You with all our heart, with all our soul, and with all our might. We bind ourselves to Your Torah as it is fulfilled in Messiah.

All: "I delight to do Your will, O my God; Your Torah is within my heart." (Psalm 40:8)

Leader: We accept the yoke of Messiah, who is seated among the seven lampstands, holding the seven stars in his right hand. In taking his yoke, we join the assembly of the firstborn enrolled in heaven, and the spirits of the righteous made perfect. (Hebrews 12:23)

Kavanah: *Following the teaching of the Baal Shem Tov, envision yourself being freed from the constraints of your limited consciousness (mochin d'katnut) and expanding into divine consciousness (mochin d'gadlut). As you accept the dual yoke, imagine the divine light of Ein Sof (the Infinite) descending through the sefirot of Keter (Crown), Chochmah (Wisdom), and Binah (Understanding) into your heart.*

All: "To him who loves us and has freed us from our sins by his blood, and has made us to be a kingdom and priests to serve his God and Father—to him be glory and power for ever and ever! Amen." (Revelation 1:5-6)

Leader: In accepting this yoke, we join with the four living creatures and the twenty-four elders who fall down before the Lamb. With them, we sing a new song:

All: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation. You have made them to be a kingdom and priests to serve our God, and they will reign on the earth." (Revelation 5:9-10)

Leader: As the Lion of Judah and the Root of David, you have triumphed. As the Lamb who was slain, you are worthy of all honor.

All: We accept Your kingship and submit to Your authority. May Your kingdom come and Your will be done, on earth as it is in heaven.

Leader: Let us rejoice in taking upon ourselves this perfect Law of liberty, which brings blessing to all who follow its ways.

All: "Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city." (Revelation 22:14)

Leader: In accepting this dual yoke, we commit ourselves to the path of tikkun olam (repairing the world) and prepare for the day when "the kingdom of the world has become the kingdom of our Lord and of his Messiah, and he will reign for ever and ever." (Revelation 11:15)

All: "The Spirit and the bride say, 'Come!' And let the one who hears say, 'Come!' Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life." (Revelation 22:17)

[All bow and recite together:]

מָרָנָא! Maranatha! Come, Lord Yeshua!