

# Shemonei Esrei for Disciples of the Way

## A Prayer Book for Followers of Rabbi Yeshua Ha Notzri in the Essene Tradition

### Opening Meditation

Before beginning, stand with feet together, facing Jerusalem. Bow slightly and remember the words of our Rabbi: "When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." (Matthew 6:6)

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### The Eighteen Benedictions

#### 1. Avot (Fathers)

Blessed are You, LORD our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, God who revealed Himself to Enoch who walked with Him, the great and mighty and awesome God, supreme God, who bestows loving kindness and creates all things, who remembers the pious deeds of our ancestors, and who will send the Redeemer to their children's children for the sake of His Name in love.

You are the King who helps and saves and shields. Blessed are You, LORD, Shield of Abraham and Protector of Enoch.

#### 2. Gevurot (Powers)

You are mighty forever, O LORD, You who raises the dead as has been foretold, You who will make all things new. You sustain the living with loving kindness, revive the dead with great mercy, support the falling, heal the sick, free the captives, and keep faith with those who sleep in the dust. Who is like You, Master of mighty acts, and who can compare to You, King who causes death and restores life and brings forth salvation?

Through Your Son Yeshua, You have revealed the resurrection to come. The faithful will shine like stars in the Kingdom, as was shown to Daniel and to John in his revelation.

You are faithful to revive the dead. Blessed are You, LORD, who revives the dead.

#### 3. Kedushat HaShem (Sanctification of the Name)

You are holy and Your Name is holy, and the holy ones praise You every day for all eternity. As it is written by the prophet Enoch, "Holy, Holy, Holy, Lord of Spirits; the whole earth is full of His glory." And as John witnessed in his revelation, the four living creatures never stop saying: "Holy, Holy, Holy is the Lord God Almighty, who was, and is, and is to come."

Blessed are You, LORD, the Holy God.

#### **4. Binah (Understanding)**

You graciously bestow knowledge upon humanity and teach understanding to those who seek. As it is written in the Book of Enoch, "Wisdom found no place where she might dwell, so a dwelling place was assigned her in the heavens." Through Rabbi Yeshua, You have revealed the mysteries of the Kingdom to the simple.

Grant us knowledge, understanding, and discernment from You. Blessed are You, LORD, gracious Giver of knowledge.

#### **5. Teshuvah (Repentance)**

Return us, our Father, to Your Torah, and draw us near, our King, to Your service, and bring us back to You in perfect repentance. As Rabbi Yeshua taught us, "Repent, for the Kingdom of Heaven is at hand." Through him, we have received the message of return that prepares us for the coming Day of the LORD.

Blessed are You, LORD, who desires repentance.

#### **6. Selichah (Forgiveness)**

Forgive us, our Father, for we have sinned; pardon us, our King, for we have transgressed, for You are a good and forgiving God. As Enoch foresaw the Chosen One who would be "a staff to the righteous," and as John beheld the Lamb who was slain for the sins of the world, so we acknowledge Yeshua who has become our atonement.

Blessed are You, LORD, gracious One who abundantly forgives.

#### **7. Geulah (Redemption)**

Look upon our affliction and plead our cause, and redeem us speedily for the sake of Your Name, for You are a mighty Redeemer. As Your servant Enoch prophesied of the coming judgment and the revealing of the Son of Man, and as John witnessed the opening of the scrolls and the triumph of the Lamb, hasten the day when all things will be made new.

Blessed are You, LORD, Redeemer of Israel and all creation.

#### **8. Refuah (Healing)**

Heal us, O LORD, and we shall be healed; save us and we shall be saved, for You are our praise. Grant a perfect healing to all our afflictions, for You, Almighty King, are a faithful and merciful healer. As our Rabbi Yeshua healed the sick and cast out impure spirits, manifest Your healing power among us.

Blessed are You, LORD, Healer of the sick of His people Israel and all nations.

### **9. Birkat Ha-Shanim (Blessing for Years)**

Bless for us, O LORD our God, this year and all the varieties of its produce for good; provide dew and rain for blessing upon the face of the earth. Satisfy us from Your bounty and bless our year like the good years. As Enoch was shown the storehouses of blessing in the heavens, and as John beheld the river of life with the tree whose leaves are for the healing of the nations, so pour out Your blessings now.

Blessed are You, LORD, who blesses the years.

### **10. Kibbutz Galuyot (Ingathering of Exiles)**

Sound the great shofar for our freedom, raise a banner to gather our exiles, and gather us together from the four corners of the earth into our land. As foretold in the Revelation to John, You will gather Your people from every tribe, language, and nation to worship before Your throne.

Blessed are You, LORD, who gathers the dispersed of His people Israel and all who call on Your Name.

### **11. Birkat Ha-Din (Restoration of Justice)**

Restore our judges as in former times, and our counselors as at the beginning; remove from us sorrow and sighing. Reign over us, You alone, O LORD, with loving kindness and compassion, and vindicate us in judgment. As Enoch saw the thrones prepared for the righteous judges, and as John beheld the heavenly court where justice is rendered, establish Your righteous kingdom.

Blessed are You, LORD, the King who loves righteousness and justice.

### **12. Birkat Ha-Minim (Against Heretics)**

For the slanderers let there be no hope; and may all wickedness perish instantly; may all Your enemies be cut down swiftly. As Yeshua taught us to pray "deliver us from the evil one," protect us from the forces of darkness that would deceive and destroy.

Blessed are You, LORD, who breaks enemies and humbles the arrogant.

### **13. Tzaddikim (The Righteous)**

May Your compassion be aroused, O LORD our God, upon the righteous, upon the pious, upon the elders of Your people, upon the remnant of their scholars, upon the righteous converts, and upon us. As Enoch wrote of the congregation of the righteous, and as John saw those clothed in white robes who had washed their garments in the blood of the Lamb, grant a good reward to all who sincerely trust in Your Name.

Blessed are You, LORD, the support and trust of the righteous.

#### **14. Birkat Yerushalayim (Rebuilding Jerusalem)**

To Jerusalem, Your city, return in mercy, and dwell therein as You have promised; rebuild it soon in our days as an eternal structure, and speedily establish the throne of David within it. As Enoch foresaw the New Jerusalem, and as John beheld the holy city coming down from heaven, prepare us for the day when "the dwelling place of God is with humans."

Blessed are You, LORD, Builder of Jerusalem.

#### **15. Birkat David (Davidic Reign)**

Speedily cause the offspring of David Your servant to flourish, and let his glory be exalted through Your saving power, for we wait all day for Your salvation. As Enoch prophesied of the Chosen One who would sit upon the throne of glory, and as John witnessed the Lion of the tribe of Judah who is worthy to open the scroll, we await the return of Yeshua the Messiah to establish his eternal kingdom.

Blessed are You, LORD, who causes the glory of salvation to flourish.

#### **16. Tefillah (Prayer)**

Hear our voice, O LORD our God; spare us and have mercy upon us, and accept our prayers with mercy and favor, for You are a God who hears prayers and supplications. As Yeshua taught his disciples to pray and promised that whatever we ask in his name will be given to us, hear us now as we stand before You.

Blessed are You, LORD, who hears prayer.

#### **17. Avodah (Service)**

Be pleased, O LORD our God, with Your people Israel and with their prayer; restore the service to Your sanctuary, and receive with love and favor the fire-offerings of Israel and their prayer. As Enoch was shown the heavenly temple, and as John beheld the worship before the throne, may our prayers be as incense before You.

Blessed are You, LORD, who restores His Divine Presence to Zion.

#### **18. Hoda'ah (Thanksgiving)**

We acknowledge You, LORD, that You are our God and the God of our ancestors forever and ever. You are the Rock of our lives and the Shield of our salvation in every generation. For Your miracles which are daily with us, for Your wonders and benefits at all times, evening, morning, and noon.

For sending Your Son Yeshua as the Light of the World, as was foretold by the prophets and witnessed by John in his revelation, we give You thanks for the redemption begun and to be completed when he returns in glory.

Blessed are You, LORD, whose Name is Goodness, and to whom it is fitting to give thanks.

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### **Closing Prayer - Sim Shalom (Grant Peace)**

Grant peace, goodness, blessing, grace, loving kindness, and mercy to us and to all Israel Your people and to all who follow the Way of Yeshua. Bless us, our Father, all of us as one, with the light of Your countenance. As it is written in the Revelation to John, "Behold, I am coming soon! My reward is with me, and I will give to everyone according to what he has done. I am the Alpha and the Omega, the First and the Last, the Beginning and the End."

Blessed are You, LORD, who blesses His people Israel and all nations with peace.

**Amen. Maranatha - Come, Lord Yeshua!**