

Siddur HaEmunah

A Messianic Jewish Prayer Book for Overcoming Fear and Doubt

Introduction

This siddur (prayer book) is designed for Messianic Jewish believers seeking spiritual strength in times of fear, doubt, and uncertainty. Drawing from both the rich tradition of Jewish prayer and the transformative power of faith in Yeshua HaMashiach (Jesus the Messiah), these prayers are meant to guide you toward deeper trust in HaShem and freedom from fear.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." — 2 Timothy 1:7

Morning Blessings (Birkat HaShachar)

Modeh Ani (I Give Thanks)

Traditional opening prayer, adapted with a focus on trusting HaShem's protection for the day ahead:

Modeh/Modah ani lefanecha, Melech chai v'kayam, shehechezarta bi nishmati b'chemlah, rabbah emunatecha.

I gratefully thank You, living and eternal King, for restoring my soul to me with compassion. Great is Your faithfulness to sustain me through each night and awaken me to new mercies. Today, I place my trust in You rather than my fears. Amein.

Prayer Against Fear of the Day

Abba, Father, as I awaken to this new day that You have made, I reject the spirit of fear that would seek to overtake my thoughts. In the name of Yeshua, who has given me not fear but power, love, and self-discipline, I choose faith over anxiety. Just as You led our ancestors through the wilderness with Your pillar of cloud by day, lead me through whatever challenges I may face today. May Your Ruach HaKodesh (Holy Spirit) be my comfort and my strength. Amein.

Sh'ma and Its Blessings

Sh'ma Yisrael (Hear, O Israel)

The central affirmation of Jewish faith, with a Messianic meditation on trusting God's unity and sovereignty:

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

Baruch shem k'vod malchuto l'olam va'ed.

Hear, O Israel: The LORD our God, the LORD is One.

Blessed be the name of His glorious kingdom forever and ever.

Meditation: Master of the Universe, as I declare Your oneness, I also affirm that You alone are worthy of my fear and reverence. When I am tempted to fear human opinion or human power, remind me that all authority in heaven and earth belongs to You and to Your Messiah, Yeshua. Help me to fear You alone with a holy fear that leads to wisdom, and to reject the unholy fear that leads to bondage. Amein.

V'ahavta (And You Shall Love)

The biblical commandment to love God, with focus on replacing fear with love:

V'ahavta et Adonai Elohecha, b'chol l'avcha, uv'chol nafsh'cha, uv'chol m'odecha.

You shall love the LORD your God with all your heart, with all your soul, and with all your might.

Prayer: Abba, Your perfect love casts out all fear. When my heart is divided by doubt and anxiety, restore to me the wholeness of loving You with my entire being. When I am tempted to withhold parts of my heart out of fear, help me remember that Your love is trustworthy. As Yeshua taught us, loving You is the greatest commandment. Transform my fear into love, my anxiety into devotion. Amein.

Amidah for Overcoming Doubt

An adaptation of the central standing prayer of Jewish liturgy, focused on various aspects of overcoming doubt:

1. Avot (Ancestors) - Affirming God's Faithfulness Through Generations

Baruch atah Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah.

Blessed are You, LORD our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah.

Adonai, You kept every promise to our ancestors despite impossible circumstances. Abraham doubted You could give him a son in his old age, yet You fulfilled Your word. Sarah laughed in disbelief, yet You brought laughter through Isaac. Jacob feared meeting Esau, yet You protected him. When I doubt Your faithfulness to me, help me remember how You have never failed those who trust in You. Through Yeshua, You have grafted me into this covenant of faithfulness. Amein.

2. Gevurot (God's Might) - Prayer for Strength in Weakness

Atah gibor l'olam Adonai, m'chayeh hakol atah, rav l'hoshia.

You are forever mighty, LORD, giving life to all, with great power to save.

Master of all, when my hands tremble with fear and my knees grow weak with doubt, I remember that Your strength is made perfect in my weakness. You who raised Messiah Yeshua from the dead can surely raise me from the pit of fear and doubt. When I am weak, then I am strong through Your Ruach dwelling within me. Fill me with holy courage today, as You filled David before Goliath, Esther before Xerxes, and the disciples after Pentecost. Amein.

3. Kedushah (Holiness) - Prayer Against Unholy Thoughts of Doubt

Kadosh, kadosh, kadosh, Adonai tz'va'ot, m'lo chol ha'aretz k'vodo.

Holy, holy, holy is the LORD of hosts; the whole earth is full of His glory.

Holy One of Israel, my mind is a battlefield where doubts and fears rage against faith and trust. Sanctify my thoughts by Your Ruach HaKodesh. When the enemy whispers "Did God really say?" as he did to Eve, help me stand firm on Your Word. When doubt tells me I am abandoned, remind me that Yeshua promised never to leave me nor forsake me. I take every thought captive to the obedience of Messiah, and I reject the unholy thoughts of doubt that war against my soul. Amein.

Prayers for Specific Struggles

Prayer Against Self-Doubt

Master of Creation, You formed me in my mother's womb and knew me before I was born. When I doubt my worth, remind me that Messiah considered me worth dying for. When I doubt my abilities, help me remember that You have equipped me with gifts and calling for Your purposes. When I doubt my place in Your family, let me hear Your voice calling me Your beloved child.

As King David wrote: "I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well." (Psalm 139:14)

Through Yeshua, I have been made new, chosen, royal, and holy. Let these truths silence my self-doubt today. Amein.

Prayer Against Doubt in God's Goodness

Abba Father, when circumstances around me seem to contradict Your goodness, strengthen my faith. When prayers appear unanswered, when suffering persists, when evil seems to triumph, I choose to trust

in Your character rather than my limited understanding.

Like Job, I may not understand Your ways, but I choose to trust Your heart. Like Habakkuk, even if the fig tree does not bud and there are no grapes on the vines, yet I will rejoice in You, the God of my salvation.

Through Yeshua's suffering on the tree, You have demonstrated that You work all things—even apparent tragedy—for good. Help my unbelief. Amein.

Prayer Against Fear of People

Ribbono Shel Olam, Master of the Universe, I confess that too often I fear human opinion more than I revere You. When I am tempted to compromise my faith to please others, grant me the courage of Shadrach, Meshach, and Abednego, who would not bow even in the face of the fiery furnace.

"The fear of human opinion disables; trusting in Adonai protects you." (Proverbs 29:25)

Like Yeshua, who set His face like flint toward Jerusalem despite knowing the suffering awaiting Him, help me fix my eyes on the joy set before me rather than the temporary discomfort of human disapproval. In His name, I reject the fear of man. Amein.

Prayer Against Fear of Evil

Shield of Abraham and Protector of Israel, when evil threatens and danger looms, be my fortress and deliverer. Though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.

The Messiah Yeshua has disarmed the powers and authorities, making a public spectacle of them, triumphing over them by the execution stake. What then shall I fear? If You are for me, who can be against me?

When I am afraid, I will trust in You. In You, whose word I praise, in You I trust; I shall not be afraid. What can mere mortals do to me? (Psalm 56:3-4)

In the authority of Yeshua's name, I reject all fear of evil, for greater is He who is in me than he who is in the world. Amein.

Closing Prayers

Aleinu (It Is Upon Us) - Committing to Faith Over Fear

Aleinu l'shabei'ach la'adon hakol, lateit g'dulah l'yotzeir b'reishit...

It is upon us to praise the Master of all, to ascribe greatness to the Author of creation...

Master of all, as we conclude these prayers, we commit ourselves anew to living by faith rather than fear. Where doubt once reigned, let trust now flourish. Where anxiety once governed, let peace now rule. Through Messiah Yeshua, You have given us not just forgiveness but freedom—freedom from the bondage of fear, doubt, and insecurity.

We look forward to the day when "Adonai will be King over all the earth. On that day, Adonai will be One and His Name One." (Zechariah 14:9) Until that day, strengthen us to walk in courage, confidence, and faithful obedience. Amein.

Kaddish of Hope (Adaptation of Mourner's Kaddish)

Yitgadal v'yitkadash sh'mei raba...

Magnified and sanctified be God's great name...

In this world that God created according to His will, may He establish His kingdom during our lifetime, and during the lifetime of all the house of Israel. May the One who creates harmony in the heavens create harmony among us and all Israel, and let us say: Amein.

Where doubt has caused mourning, let faith bring comfort. Where fear has created walls, let trust build bridges. We choose today to magnify Your Name rather than magnify our fears. Through Yeshua, who conquered the ultimate fear—death itself—we declare our trust in Your unfailing love. Amein.

Supplementary Readings and Meditations

Psalms 27 (A Psalm for Courage)

A powerful psalm of David about facing fear with faith, ideal for meditation during times of anxiety.

Adonai is my light and my salvation; whom shall I fear?

Adonai is the stronghold of my life; of whom shall I be afraid?

When the wicked advance against me to devour me,
it is my enemies and my foes who will stumble and fall.
Though an army besiege me, my heart will not fear;
though war break out against me, even then I will be confident.

One thing I ask from Adonai, this only do I seek:
that I may dwell in the house of Adonai all the days of my life,
to gaze on the beauty of Adonai and to seek him in his temple.
For in the day of trouble he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent and set me high upon a rock.

Continue reading the full psalm as a meditation on God's protection.

Meditations on Messiah's Words of Comfort

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." — Yeshua (John 14:27)

Meditation: Messiah Yeshua, Your peace is not merely the absence of conflict but the presence of wholeness even in the midst of storms. When You slept in the boat while the tempest raged, You demonstrated perfect trust. When You calmed the storm with a word, You demonstrated perfect authority. Both Your trust and Your authority are now mine through faith. I receive Your peace today—not as a distant hope but as my present inheritance.

"In this world you will have trouble. But take heart! I have overcome the world." — Yeshua (John 16:33)

Meditation: Master Yeshua, You never promised Your followers a trouble-free life, but You did promise us victory through Your own overcoming. When I face troubles that seem overwhelming, remind me that You have already fought and won the decisive battle. My struggles occur not in the uncertainty of combat but in the certainty of Your triumph. Help me to "take heart" today with the courage that comes from knowing the end of the story.

Prayer Practices and Rituals

Havdalah Ritual for Separating Fear from Faith

Just as the Havdalah ceremony marks the separation between Shabbat and the ordinary week, this adapted ritual helps create a boundary between fear and faith.

Items needed:

- A braided candle (representing intertwined courage and wisdom)
- Spices (representing the sweetness of trust)
- A cup of wine or grape juice (representing joy)

Blessing Over the Cup:

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Blessed are You, LORD our God, King of the universe, who creates the fruit of the vine.

As I drink from this cup, I choose the joy of trusting You over the bitterness of fear and doubt.

Blessing Over the Spices:

Baruch atah Adonai, Eloheinu melech ha-olam, borei minei v'samim.

Blessed are You, LORD our God, King of the universe, who creates various kinds of spices.

As I inhale this fragrance, I breathe in the sweetness of Your promises and exhale the toxicity of doubt.

Blessing Over the Candle:

Baruch atah Adonai, Eloheinu melech ha-olam, borei m'orei ha-eish.

Blessed are You, LORD our God, King of the universe, who creates the lights of fire.

As I gaze at this light, may the fire of Your Ruach HaKodesh illuminate my darkest fears and burn away all doubt.

Blessing of Separation:

Baruch atah Adonai, Eloheinu melech ha-olam, hamavdil bein kodesh l'chol.

Blessed are You, LORD our God, King of the universe, who separates between the holy and the ordinary.

In Yeshua's name, I now separate between holy faith and unholy fear, between godly confidence and worldly anxiety, between trust in Your promises and doubt in Your goodness. Amein.

Affirmations of Faith Based on Jewish Principles

To be recited daily, especially when doubt arises:

1. **Emunah (Faith):** I affirm that my faith is not blind optimism but grounded trust in the character and promises of HaShem, who has never failed those who trust in Him.
2. **Bitachon (Trust):** I place my security not in circumstances, other people, or my own strength, but in Adonai alone, who is my rock and my fortress.
3. **Chesed (Loving-kindness):** I remember that HaShem's covenant love for me is unchanging, regardless of my feelings or failures.
4. **Emet (Truth):** I reject the lies of the enemy and embrace the truth of God's Word, which stands firm through all generations.
5. **Shalom (Peace):** I receive the perfect peace that comes from a mind steadfastly focused on HaShem rather than on my fears.
6. **Tikvah (Hope):** I set my hope fully on the grace to be given me when Yeshua HaMashiach is revealed, not on the shifting sands of this world.
7. **Simcha (Joy):** I choose the joy of the Lord as my strength, refusing to allow fear and doubt to steal what Messiah has secured for me.

Final Blessing

May the God of Avraham, Yitzchak, and Ya'akov, who became the Father of our Lord Yeshua HaMashiach, fill you with all joy and peace in believing, so that by the power of the Ruach HaKodesh you may abound

in hope.

May you be strengthened with all power, according to His glorious might, for all endurance and patience with joy.

May you be delivered from every fear that binds, every doubt that blinds, and every lie that undermines your faith.

And may the shalom of HaShem, which surpasses all understanding, guard your hearts and your minds in Messiah Yeshua.

Amein.