

Recite the Shema

אל מֶלֶךְ נֶאֱמָן

a faithful king God (is)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד׃
Hear O Israel the LORD is our God the LORD alone

[בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד] – softly
(the) name (of) blessed (is) His glorious kingdom for this age and the future

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ
() and you shall love the LORD your God with all your heart

וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ׃ וְהָיוּ הַדְּבָרִים
and with all your soul and with all your strength and they will be the words

הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ׃
(the) these that I command you today upon your heart

וּשְׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ
you shall teach them to your sons and you shall speak of them when you sit in your house

וּבִלְכֹתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ׃ וּקְשַׁרְתָּם
and in your walking in the way and in your lying down and in your rising up and you shall bind them

לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ׃
for a sign on your hand and they will be for frontlets between your eyes

וְכָתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ׃
upon and you shall write them the doorposts (of) your house and on your gates