Recite the Shema

אֵל מֶלֶךְ נֶאֱמָן

a faithful king God (is)

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד

(is) one LORD our God the LORD O Israel Hear

[בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד] – *softly*

and the future for this age His glorious kingdom (the) name (of) blessed (is)

וְאָהַבְתָּ אֵת יהוה אֱלֹהֶיךָ בְּכָל־לְבָבְךָ

your heart with all your God the LORD ( ) and you shall love

וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים

the words and they will be your strength and with all your soul and with all

הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל־לְבָבֶךָ:

upon your heart today command you I that (the) these

וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתֶךָ

in your house when you sit of them and you shall speak to your sons you shall teach them

וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשָׁכְבְּךָ וּבְקוּמֶךָ: וּקְשַׁרְתָּם

and you shall bind them and in your rising up and in your lying down in the way and in your walking

לְאוֹת עַל־יָדֶךָ וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךָ:

your eyes between for frontlets and they will be on your hand for a sign

וּכְתַבְתָּם עַל־מְזוּזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ:

and on your gates (of) your house the doorposts upon and you shall write them

Keriat Shema Aleph: Deut. 6:4-9