

Prayers: Morning Mussar Prayer Practice
The Mussar Virtual Kallah, Seeking Shalom, Feb. 1, 2021
Rabbi Judith Edelstein

Prayers to Share

I Forgive - Submitted by Libby Kahn

I chose the prayer before retiring at night. I find that I sleep much more peacefully if I turn over any of my disappointment and any anger I hold to HaShem.

"Master of the Universe! I hereby forgive anyone who has angered or vexed me, or sinned against me, either physically or financially, against my honor or anything else that is mine, whether accidentally or intentionally or deliberately, by speech or by deed, in this incarnation or in any other- any Israelite (and I think to myself that includes all people who aren't Jewish either); may no man (or woman) be punished on my account. May it be Your will, Lord my God, and God of my fathers, that I shall sin no more, no repeat my sins; neither shall I again anger You, nor do what is wrong in Your eyes. The sins that I have committed, erase in Your abounding mercies, but not through suffering or severe illnesses. May the words of my mouth and the meditation of my heart be acceptable before You Lord, my Strength and my Redeemer."

Another prayer I wanted to share is simply, "Be still and let God."

My Prayer for Protection and Peace - Submitted by Sandra Garrett

May the One Above protect the ones I love.

May I be deserving of their love, honoring who they are, bringing comfort, hope and joy to their lives.

May the One Above protect the stranger, providing shelter, sustenance, and safety to those in need.

May I honor their differences and uniqueness as I do my part to make their lives better.

May the One Above bring peace to our world, helping each person to find inner peace and external peace in their homes, communities, countries and among the nations.

May I do my part to bring peace to myself, my family, my community, my country and the world.

Ribono shel Olam (Master of the Universe) – Submitted by Caroline Isaacs

I place myself before You willingly
To serve You, as *ovedet ne'emanah* (a faithful servant)
Merely a conduit for Your *chesed* (lovingkindness), *emet* (truth), *rachamim* (compassion)
To all I encounter
Whether physically or spiritually.

Morning Prayer Creation – Submitted by Leslie-Anne Copes-Finke, In memory of her father

As I lift my head, eyes puffy with the weight of the world,
I am reminded that I am, *hineni*, and that for this moment, although I am not everything I wish
to be, I am enough. I think...
I feel the anxiety of interacting creeping into my emotional landscape,
Kindly step aside my old friend, there is no place for you here today.
I ask you Source of Creation, I pray...
Take my fear,
Take my insecurity,
Take my self-conscious baggage accumulated over years of life.
Hold me as I let go,
Hold me as I do nothing,
Hold me as I allow the truth to become evident,
Raw, real, and deep.
Please God,
Find the gaps where my light shines through,
Close the openings and make me whole.
Just for a moment. Hold me.

Master of the Universe - Submitted by Jeffrey Amer

Master of the Universe, I thank you for having allowed me to complete a successful day of
work. May you help me to safely return home and prepare me to take on my appropriate
role in my home, bestowing honor on my family members with humility, patience, and love,
each according to their specific needs. Blessed are You Adonoy Elohaynu, ruler of the
universe who guides us in the transition from office to home.

Prayer on Seeing Lightning or Other Wonders of Nature, Rabbi Lawrence Troster, Sanctiful – Submitted by Howard Brill

Praised are You, Adonai our God, who rules the universe, renewing the work of creation.

How many are the things You have made, O Adonai; You have made them all with wisdom; the earth is full of Your creations! You let loose Your lightning, filling the sky with your shining light. You raised the mountains by Your strength, and You fill the earth with sounds of birds in the morning like stars singing together and planets shouting for joy. The sea is filled with Your creatures beyond number; the forests with animals that look to you for sustenance (Psalms 104:24, Job 37:15, 38:7, Psalms 104:25).

When I behold Your ongoing Creation, the lightning and thunder, the high mountains and green hills, the lakes and the rivers, the birds and fish, the animals, and trees, I am filled with love and praise, awe and humility, terror, and joy. The more science teaches about the workings of nature, the greater my appreciation of its intricacy, and the greater my wonder at its power to move me so.

Thank You for filling me with a sense of the beautiful. May the mystery of Creation ever take my breath away, and may I never become indifferent to the wonder of life.

How great are Your works, O Adonai, Your designs are very deep (Psalm 92:6)

The Morning Breaks - Submitted by Howard Shapiro

The morning breaks
clouds part
I am here; awake
To all that is the same
To all that might be new
Awake
To blessings
To challenges
To hope

Baruch Atah Adonai Mekor Chayim
Blessed is this moment for God is in this moment.

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