



**Mussar Prayer Practice  
With Rabbi David Jaffe**

*Ahavat Olam*, Second Blessing before The *Shema*, Daily Evening Prayers  
From the *Nusach Ashkenaz* liturgy, Avrohom Davis translation, *Metsudah Linear Siddur*, 1981

[With] An everlasting love You loved the House of Israel, Your people. You taught us Torah and commandments, statutes and laws. Therefore, Adonoy, our God, when we lie down and when we rise, we will discuss Your statutes, and rejoice in the words of Your Torah and in Your commandments forever. For they are our life and they lengthen our days, and on them we will meditate day and night. [May] Your love never be removed from us. Blessed are You, Adonoy, Who loves His people Israel.

אֶהְבֶּת עוֹלָם בֵּית יִשְׂרָאֵל עַמֶּךָ אֶהְבֶּת תּוֹרָה  
וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ: עַל כֵּן  
יְהִי אֱלֹהֵינוּ בְּשֹׁכְבֵנוּ וּבְקוּמָנוּ נִשְׁחַד בְּתִקְוֶיךָ  
וְנִשְׂמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד:  
כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ וּבְהֵם נִהְיֶה יוֹמָם  
וְלַיְלָה: וְאֶהְבֶּתְךָ אֵל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים:  
בְּרוּךְ אַתָּה יְהוָה אוֹהֵב עַמּוֹ יִשְׂרָאֵל: