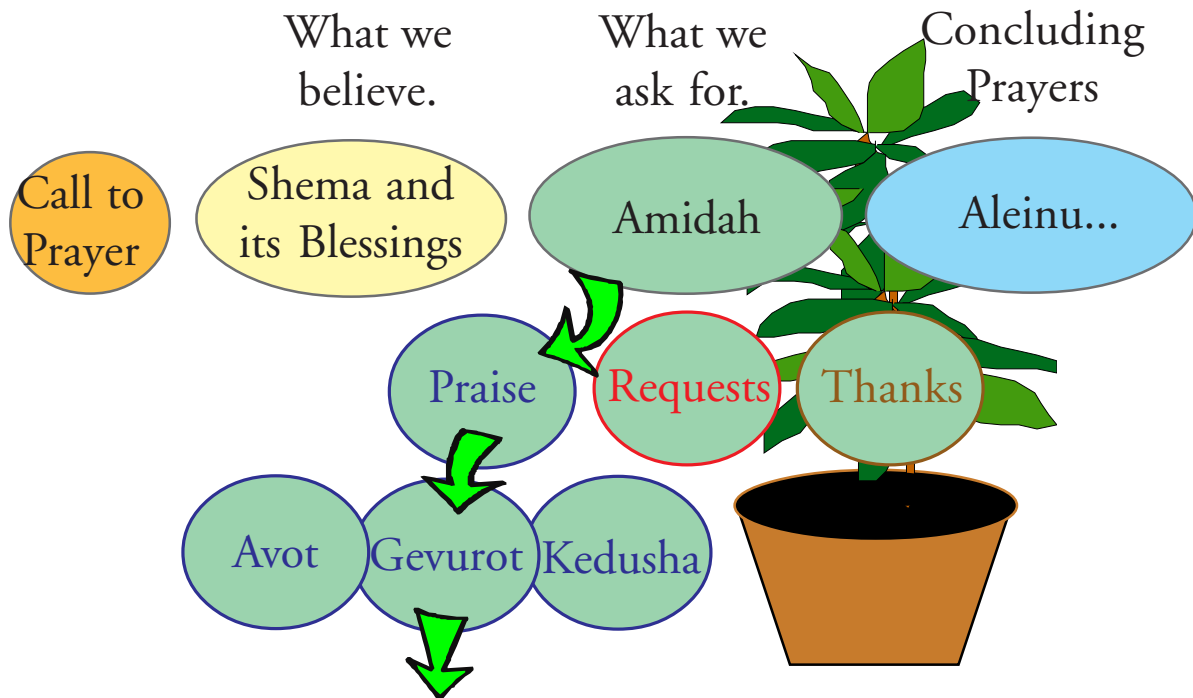


גְבוּרוֹת



The second blessing of praise in the עֲמִידָה is גְבוּרוֹת. גְבוּרוֹת is about God's powers. You might expect this to be about the power for war, for victory over one's enemies. Instead גְבוּרוֹת praises God's power to create life, to nurture, to heal. The power to perform acts of loving kindness.

We began the עֲמִידָה with אָבוֹת וְאִמָּהוֹת, praising the One who remembers our ancestors.

After גְבוּרוֹת, the עֲמִידָה will go on to speak of God's holiness. We will then be in a position to make our requests.

גְבוּרוֹת

אַתָּה

you

אַתָּה

you

גְבוּר

are powerful

גְבוּר

are powerful

לְעוֹלָם

forever

לְעוֹלָם

forever

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי

You are powerful

forever, Adonai

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי

You are powerful

forever, Adonai

מְכַלֵּל

You sustain

מְכַלֵּל

You sustain

חַיִּים

life

חַיִּים

life

בְּחֶסֶד

with kindness

בְּחֶסֶד

with kindness

מְכַלֵּל חַיִּים בְּחֶסֶד

You sustain life

with kindness

מְכַלֵּל חַיִּים בְּחֶסֶד

You sustain life

with kindness

The עֲמִידָה (also known as the תְּפִילָּה, "Prayer," or שְׁמוֹנֵה עֶשְׂרֵה, "18") is very ancient. The order was determined by Rabbi Gamliel and his associates nearly 2,000 years ago, in a great place of learning, Yavneh.

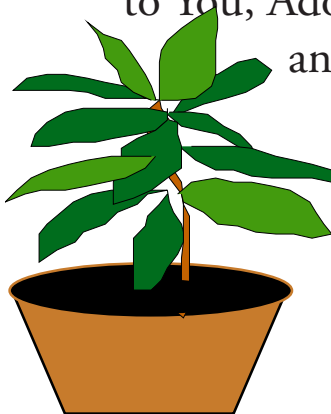
אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ:

מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים
וּמְקִים אָמוֹנְתוֹ לַיְשָׁנֵי עֶפְרַיִם מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ מִלֶּךְ מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה:

וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל: בְּרוּךְ אַתָּה יְיָ מְחַיֶּה הַכֹּל:

You are forever powerful, Adonai, giving life to all things.
Abundant in Your saving acts.

You sustain life with kindness Adonai, giving life to everything with great mercy. You support the fallen and heal the sick, free the captive and keep faith with those who sleep in the dust. Who can compare to You, Adonai, who resembles You, the source of life and death, who makes salvation blossom.



You are faithful in nourishing all life.
Blessed are You, who gives life to everything.

אַתָּה גָּבוֹר

Key Phrases

אַתָּה גָּבוֹר לְעוֹלָם אֲדֹנָי

You are powerful forever Adonai

מְכַלְכֵּל חַיִּים בְּחֶסֶד

You sustain life with kindness

Key Words

בְּ... with, in

חַיָּה life (root)

חַיִּים life

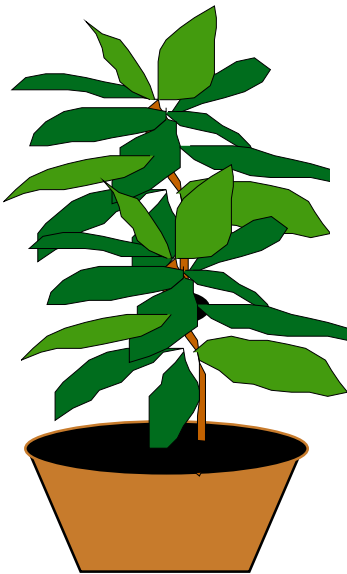
אַתָּה you

גָּבוֹר powerful

חֶסֶד kindness

לְעוֹלָם forever

מְכַלְכֵּל you sustain, you nourish

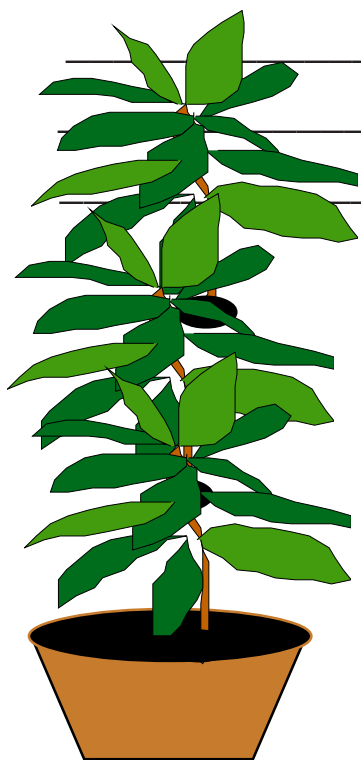


לְעוֹלָם

For centuries after the עֲמִידָה was written, people rarely had prayerbooks. The words or themes to בְּרָכוֹת like the גְּבוּרוֹת were memorized and passed down. Study the Key Words on the previous page. Can you memorize them? Use them to translate below.

_____ אֶתָּה _____ גְּבוּרָה
_____ לְעוֹלָם _____ אֶתָּה גְּבוּרָה
_____ אֶתָּה גְּבוּרָה לְעוֹלָם
_____ אֶתָּה גְּבוּרָה לְעוֹלָם אֲדָנִי

_____ חַיִּים _____ מְכַלְכֵּל
_____ מְכַלְכֵּל חַיִּים
_____ בְּחֶסֶד _____ חֶסֶד _____ בְּ
_____ מְכַלְכֵּל חַיִּים בְּחֶסֶד



Do you remember these from the first blessing of the עֲמִידָה?

_____ אָבוֹת _____ אָבוֹתֵינוּ
_____ אֲמָהוֹת _____ אֲמָהוֹתֵינוּ

מְכַלְכֵּל חַיִּים

The word **חַיִּים** is related to **חַי**. **חַי** also means **life**.

They both come from the root **חיה**.

1. Circle all words below built around the word for "life."
2. Underline the phrase for, "You sustain **life** with kindness."
3. Draw a square around the phrase, "You are powerful forever."
4. Practice reading the **גְבוּרוֹת** with a partner until smooth.

1. אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ:

2. מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים

3. סוּמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים

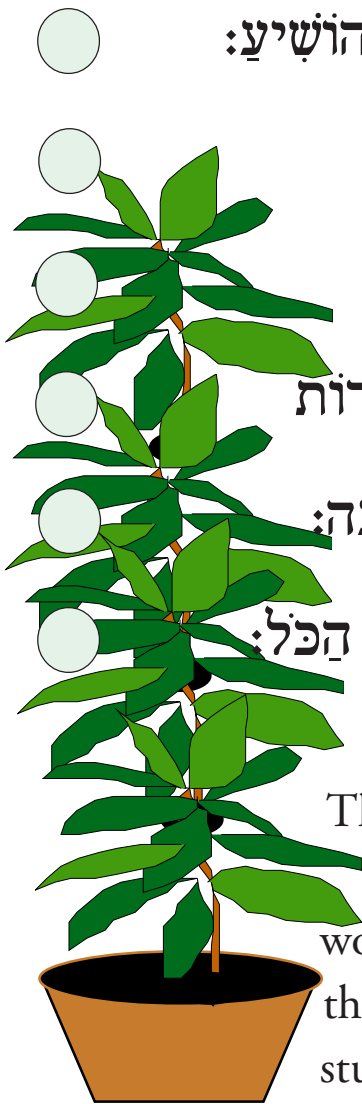
4. וּמְקַיֵּם אֲמוּנָתוֹ לְיִשְׁנֵי עָפָר: מִי כְמוֹךָ בְּעַל גְבוּרוֹת

5. וּמִי דוֹמָה לָךְ מֶלֶךְ מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה:

6. וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל: בְּרוּךְ אַתָּה יְיָ מְחַיֶּה הַכֹּל:

Class Reading Game:

The teacher will call out a student's name and then say, "**חַי**." The student who has been called must find a word built on the root for "life" and begin reading from there. Each time a student's name is called, the chosen student must find the next "**חַי**" word and start reading.



בְּחֶסֶד

מְכַלְכֵּל חַיִּים בְּחֶסֶד - You sustain, you nourish life with kindness.

Your Hebrew vocabulary has been **nourished** this year. Below you will find a vine of Hebrew words. Start at one end, and go quickly from word to word, saying them in English. How long can you **sustain** this? When you get to a word you don't know, your reading partner or a different person in the class must **kindly** take over, starting again from the beginning.



Reading Drill

Key Root:

חיה

Read the following prayer lines out loud.
Circle all words built on the root for "life."

(Sometimes the ה drops out)

1. לְפַלְיטָה, לְטוֹבָה, לְחַן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם
2. צוֹר חַיֵּינוּ, מִיָּגוֹן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וְדוֹר נוֹדָה לָךְ
3. עַל חַיֵּינוּ הַמְסוּרִים בְּיָדְךָ, וְעַל נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ
4. וְכָל הַחַיִּים יוֹדוּךָ פְּלָה, וַיְהִלְלוּ אֶת שִׁמְךָ בְּאַמֶּת
5. תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וְצַדִּיקָה וּבְרָכָה וּרְחֻמִּים וְחַיִּים וּשְׁלוֹם
6. בְּסֵפֶר חַיִּים, בְּרָכָה, וּשְׁלוֹם, וּפְרִנְסָה טוֹבָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
7. זְכַרְנוּ לְחַיִּים, מִלֶּךְ חַפִּץ בַּחַיִּים, וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים
8. בְּרוּךְ חַי לְעַד וְקַיָּים לְנֶצַח, בְּרוּךְ פּוֹדֶה וּמַצִּיל, בְּרוּךְ שְׁמוֹ
9. פּוֹתֵחַ אֶת יָדְךָ, וּמִשְׁבִּיעַ לְכָל חַי רְצוֹן

When you have completed the chapter, and have all גְּבוּרוֹת reading lines checked off, your teacher will give you a sticker!

I have mastered the
גְּבוּרוֹת