

**Hashkivenu** Adonai Eloheinu l'shalom, v'ha-amidenu malkenu l'chayim;  
Lay us down to sleep, Lord our God, in peace, and raise us up, our King, to life;

u'fros aleinu sukat sh'lomecha v'tak'nenu b'estzah tovah mil'fanecha  
and spread over us the shelter of Your peace. And direct us with good counsel from before you,

v'hoshienu l'ma-an sh'mekha  
and save us for the sake of Your Name.

V'hagen ba'adenu v'haser me-aleinu oyev, dever v'cherev v'ra-av v'yagon,  
And protect us, and remove from us foe, plague, and sword, and hunger, and woe;

v'haser satan mil'faneinu u-me-achareinu  
and remove temptation from before us and from behind us,

u'vtzel k'nafekha tastirenu  
and in the shadow of Your wings hide us

ki El shom'renu u-matzilenu ata  
for God our guardian and savior You are;

ki El melech chanun v'rachum ata  
for God, King, Gracious and Compassionate King, You are.

U'shmor tzetenu u-voenu l'chayim u'leshalom me'ata v'ad olam  
And guard our going out and coming, to life and to peace from now and to eternity.

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Lay us down to sleep, Lord our God, in peace, and raise us up, our King, to life;

ufros aleinu sukat sh'lomecha  
and spread over us the shelter of Your peace.

Baruch ata Adonai hapores sukat shalom aleinu v'al kol amo Yisra'el v'al  
Yerushalayim

Blessed are You, Lord, Who spreads the shelter of peace over us, and over all his people Israel  
and over Jerusalem.