

# הַשְּׁפִיבֵנוּ

## *Hashkiveinu*

This blessing comes at the end of the Sh'ma and its blessings before we recite the Amidah. Many people also say it at bedtime before they go to sleep.

Hashkiveinu means we lay down.

This blessing addresses how nighttime can be scary. It asks God to protect us throughout the night and take care of us while we are sleeping so that we wake up safe.

הַשְּׁפִיבֵנוּ יי אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים,  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, אָמֵן.

בָּרוּךְ אַתָּה יי, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם  
עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Hashkiveinu Adonai eloheinu l'shalom  
v'ha-amideinu malkeinu l'chayim  
ufros aleinu sukkat shlomecha, Amen.*

*Baruch atah Adonai hapores sukkat shalom  
Aleinu v'al kol amo Yisrael v'al Y'rushalayim.*

Help us to lie down in peace, Adonai our God,  
And to rise up, our Ruler, in life,  
Spread over us the shelter of Your peace.

Blessed are You Adonai, who spreads a shelter of peace  
Over us and over all of Your people Israel and over Jerusalem.