

Gratitude, Praise, Delight, and More: Jewish Rituals that Frame the Day

Session 3: Laying Down at Night

Optional Pre-Reading for Lev Ha-ir's Winter Learning Series 2023

Hashkiveinu for Hope, *by Sara Stock Mayo*

Help us to lie down at night in comfort, safety, and peace
May the dreams of our children be sweet tonight and tomorrow and the day after
May the future be bright for them
and for their children
and for generations to come

Grant us the ability to rest after long days of work and worry
Give us the chance to let our souls be at peace
and give us the grace to know how to separate from the things
we cannot control
Allow us to quiet our bodies and our minds
as we drift away from the mundane and enter into a sacred dreamscape

Spread over us the shelter of your comforting presence
Help us to know that it is okay to let go
To breathe, to be – just to be
Journey with us into our sublime subconsciousness
and let us live in this liminal space of neither here nor there
For when we are with you
we are never truly alone

Guide us, watch over us, protect us
Allow us to rise in the morning with the fragrance of a new dawn
A chance to hope, to create ourselves anew
Again and again and again

Hashkiveinu, *by Rabbi Sonja K. Pilz, PhD*

Let me sink down

Let me fall asleep

Let me close my eyes

Let me shut out the world

Let me cover my eyes

Hold me tight in my sleep

Hide me from my wants and needs

Hover over my slumber

Let my shoulders relax

Keep me warm and fed

Carry me with you

Caress me with dreams and defeats

Let me give up now

Let me go home now

Let me sleep

Let me go

Allow me a moment of rest

A night of sleep

A night of forgiveness

A night of retreat

Tomorrow, my God,

I will rise again

I will shoulder my burdens

I will race towards You

For now, my God,

I will rest within myself

I will rest under Your wings

I will rest under Your feet

Hashkiveinu, my God,

Let me sleep.

Bedtime Hashkivenu, *by Kathy Spiro*

Now I lay me down to sleep
In peace, Eternal One.
In the morning, I will rise
To life renewed, in sun.
Spread over me the shelter of
Your peace, and set me right.
Shield me, guard me, clear my way
Throughout this lonely night.
Shelter me beneath your wings
As you fly close above.
Safeguard me as I come and go
In life, and peace, and love.