

Traditional Daily Prayers for *Parnassah*/Sustenance/Livelihood

In our daily prayers, concerns about livelihood/sustenance appear in a number of places and ways (please note: bold text is highlighted to draw attention to relevant phrases):

I. In the central “Amidah” prayer, recited three times each weekday, there is the following petition for sustenance; where the blank lines appear, it is permissible to add one’s own personal request:

Bless us, Ado-nai our God –
Bless this year and all its many products for Good.
From Passover to December 4th say: “Grant blessing”
From December 5th to Passover say: “Grant dew and rain for blessing”
upon the earth.
**Satisfy us with its abundance,
and bless our year as the best years.**

Blessed are You, Ado-nai, Who blesses the years.

II. In the Birkat haMazon/Blessing after Meals, the thread of praying for parnassah/sustenance is quite strong:

The **Raheim** Paragraph:

Have mercy, Ado-nai our God, for Israel Your people,
For Jerusalem Your holy city, for Zion the home of Your glory,
for the royal house of David Your anointed,
and for the great and holy House which is called by Your name.
Our God, our Father –
**Tend and nourish us, sustain and maintain us, grant us deliverance,
and quickly give us relief from all our troubles.**
May we never find ourselves in need of gifts or loans from flesh and blood,
but may we rely only upon Your helping hand,
which is ample, open, extended and generous,
so that we never suffer shame nor disgrace, ever.

And not long after that paragraph, there is this series of ‘hopes’:

May the All-Merciful One **give us an honorable livelihood.**
May the All-Merciful One break our yoke of exile and lead us in dignity to our land.
May the All-Merciful One send abundant blessings
to this house and to this table at which we have eaten.
May the All-Merciful One send us the prophet Elijah, of blessed memory,
who will bring us good news of deliverance and consolation.

III. The following prayer appears in different forms in traditional prayer books, often at, or after, the conclusion of weekday morning prayer services. (It is not considered proper to recite this type of petitionary prayer on the Shabbat or festivals.)

Please note that if certain ideas or idioms seem inappropriate to you, you are encouraged to rewrite the prayer so that it is more in consonance with your personal theology, particular needs, etc.

Prayer for *Parnassah*/Livelihood

It is You alone, Ado-nai –
You, who made the heavens, the most exalted heavens,
the earth and everything that is upon it,
the seas and all that is in them,
and You give them all life. (*Nehemiah 9:6*)
It is You who performed miracles and great wonders, continually, for our ancestors.
And in the wilderness You showered them with food from heaven (*Exodus 16:4*),
from the flinty rock You drew out water for them (*Deuteronomy 8:15*),
You provided them all their needs, their clothing not wearing out (*Deut. 8:4*).
So, dear God, in Your abundant mercy and great *hessed*/lovingkindness,
nourish us, sustain us, and support us;
Supply all our needs and the great needs of all Your people, the House of Israel,
and those of all our society and humankind,
with fullness and relief, without travail or overwhelming labor,
out of Your Pure Hand, and not from under mortal hands.

May it be Your will, Ado-nai my God and the God of my ancestors,
that You prepare for me and for the members of my household all that we may lack,
and make ready all our needs,
every single day of our lives,
according to our needs –
every single hour of our hours – an adequate supply;
and for every bone of our bones sufficient nourishment,
in accordance with Your Good and Generous Hand,
not according to the limits of our own accomplishments,
or the shortness of our own *hessed*/lovingkindness,
or the reduction of our own generosity and munificence.
May my nourishment and the nourishment of my household,
of my offspring and the children of my offspring,
be committed to Your Hand, and not subject to mortal hands.

IV. *The alphabetical Ashrei prayer, which includes all of Psalm 145, is offered three times a day, twice in the morning and once in the afternoon. Please note that the verse that begins with the letter Pe, verse 16 (bolded below), is traditionally said with a special focus – some Jews turn their palms upward upon saying this verse, as if to show their openness and gratitude to Providence:*

The Ashrei Prayer

Happy are they who dwell in Your house;
they will always praise You, *selah!* (Psalm 84:5)
Happy the people who have it this way;
Happy the people whose God is Adonai!** (Psalm 144:15)

Psalm 145

A tehillah/praise by David:

1. I extol You, my God, the King;
 I bless Your name forever and ever.
2. Every day I bless You,
 I praise Your name forever and ever.
3. Great is Adonai, most worthy of praise;
 Greatness that is immeasurable.
4. Generation to generation praise Your works,
 recounting Your mighty acts.
5. On the splendor of Your glorious majesty
 and on Your wondrous deeds I meditate.
6. Of Your awe-inspiring power they speak,
 and I declare of Your greatness.
7. They express the reverberations of Your great goodness,
 and sing of Your righteousness.
8. Full of grace and compassionate is Adonai,
 Slow to anger, abounding in devoted lovingkindness.
9. Adonai is good to all;
 God's mercy is over all God's creation.
10. All Your works praise You, Adonai,
 And/but Your faithful ones bless You.
11. Of Your glorious kingdom they speak,
 They talk of Your power.
12. Letting all humanity know of Your mighty deeds,
 The glorious splendor of Your dominion.
13. Your kingdom is an everlasting kingdom,
 Your rule extends from generation to generation.
14. Adonai supports all who are fallen,
 raises up all who are bowed down.
15. The eyes of all look hopefully to You,
 and You give them their food in due season.
- 16. You open Your hand
 Your favor sustains every living thing.**
17. Adonai is righteous/just in all ways,
 Loving-kind in all His/Her deeds.

18. Adonai is near to all who call,
to all who call out in truth/sincerity.
19. S/He fulfills the desire of those who revere Him/Her,
S/He hears their cry and delivers them.
20. Adonai preserves all those who love Him/Her,
but destroys all the wicked.
21. My mouth speaks the praise of Adonai;
Let all flesh bless His/Her holy name forever and ever!

And we will bless Adonai from now and forever more; *halleluyah!* (Psalm 115:18)

V. Finally, recall, as well, that as each new Hebrew/Jewish month approaches, we pray on the Shabbat before that New Moon:

From Birkat HaHodesh/The Blessing of the New Moon

May it be Your will,
Ado-nai our God and God of our ancestors,
To renew our lives in the coming month, for Good and Blessing.
Give us a long life,
A life of peace,
A life of goodness, a life of blessing,
A life of sustenance, a life of physical vitality,
A life of reverence of Heaven and avoidance of misdeeds,
A life free of shame and reproach,
A life of abundance and honor,
A life guided by the love of Torah and reverence of Heaven,
A life in which our worthy aspirations will be fulfilled for the Good,
Amen Selah.