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| **Shema** |  |

Please note that this page contain the name of El.
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If you do not have experience reading transliteration
please see the [Guide to Transliteration](http://www.jewfaq.org/translitguide.htm).

The Shema is one of only two prayers that are specifically commanded in Torah (the other is Birkat Ha-Mazon -- grace after meals). It is the oldest fixed daily prayer in Judaism, recited morning and night since ancient times. It consists of three biblical passages, two of which specifically say to speak of these things "when you lie down and when you rise up." This commandment is fulfilled by including the Shema in the [liturgy](http://www.jewfaq.org/defs/liturgy.htm) for Ma'ariv (evening services) and Shacharit (morning services). Traditional prayerbooks also include a Bedtime Shema, a series of passages including the Shema to be read at home before going to bed at night.

**Part 1: Deuteronomy 6:4-9**

The first part of the Shema begins with one of the best-known, most fundamental expressions of Jewish belief, and the one from which this prayer gets its name: Shema Yisra'el... (Hear, Israel). This expression is so fundamental that the most liberal Reform synagogue I know has these words carved on the outside of the building in foot-high letters (albeit in English). The second line of this part (Barukh sheim k'vod...) is actually not part of this passage from the[Torah](http://www.jewfaq.org/defs/torah.htm). It doesn't even appear anywhere in the Bible. It's a congregational response from the days of the [Temple](http://www.jewfaq.org/defs/temple.htm): whenever the High Priest would say the Divine Name, the people would respond with this line. Today, it is not said aloud except during [Yom Kippur](http://www.jewfaq.org/defs/yomkippur.htm) services.

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| Hebrew MIDI*Sh'ma Yisra'eil YAHWEH Eloheinu YAHWEH echad.*Hear, Israel, YAHWEH is our El, YAHWEH is One. |
| In an undertone:Hebrew *Barukh sheim k'vod malkhuto l'olam va'ed*.Blessed be the Name of His glorious kingdom for ever and ever. |
| Hebrew *V'ahav'ta eit YAHWEH Elohekha b'khol l'vav'kha uv'khol naf'sh'kha uv'khol m'odekha*.And you shall love YAHWEH your El with all your heart and with all your soul and with all your might. |
| Hebrew *V'hayu had'varim ha'eileh asher anokhi m'tzav'kha hayom al l'vavekha.*And these words that I command you today shall be in your heart. |
| Hebrew *V'shinan'tam l'vanekha v'dibar'ta bam*And you shall teach them diligently to your children, and you shall speak of them |
| Hebrew *b'shiv't'kha b'veitekha uv'lekh't'kha vaderekh uv'shakh'b'kha uv'kumekha*when you sit at home, and when you walk along the way, and when you lie down and when you rise up. |
| Hebrew *Uk'shar'tam l'ot al yadekha v'hayu l'totafot bein einekha*.And you shall bind them as a sign on your hand, and they shall be for frontlets between your eyes. |
| Hebrew *Ukh'tav'tam al m'zuzot beitekha uvish'arekha.*And you shall write them on the doorposts of your house and on your gates. |

**Part 2: Deuteronomy 11:13-21**

The second part of the Shema repeats many of the themes from the first part, but adds promises of rewards and punishments.

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| Hebrew *V'hayah im shamo'a tish'm'u el mitz'votai*And it shall come to pass if you surely listen to the commandments |
| Hebrew *asher anokhi m'tzaveh et'khem hayom*that I command you today |
| Hebrew *l'ahavah et YAHWEH Eloheikhem ul'av'do b'khol l'vav'khem uv'khol naf'sh'khem*to love YAHWEH your El and to serve him with all your heart and all your soul, |
| Hebrew *V'natati m'tar ar'tz'khem b'ito yoreh umal'kosh v'asaf'ta d'ganekha v'tirosh'kha v'yitz'harekha.*That I will give rain to your land, the early and the late rains,that you may gather in your grain, your wine and your oil. |
| Hebrew *V'natati eisev b'sad'kha liv'hem'tekha v'akhal'ta v'sava'ta*.And I will give grass in your fields for your cattle and you will eat and you will be satisfied. |
| Hebrew *Hisham'ru lakhem pen yif'teh l'vav'khem v'sar'tem va'avad'tem Elohim acheirim v'hish'tachavitem lahem*Beware, lest your heart be deceivedand you turn and serve other gods and worship them. |
| Hebrew *V'charah af YAHWEH bakhem v'atzar et hashamayim v'lo yih'yeh matar v'ha'adamah lo titein et y'vulah*And anger of YAHWEH will blaze against you, and he will close the heavens and there will not be rain,and the earth will not give you its fullness, |
| Hebrew *va'avad'tem m'heirah mei'al ha'aretz hatovah asher YAHWEH notein lakhem*.and you will perish quickly from the good land that YAHWEH gives you. |
| Hebrew *V'sam'tem et d'varai eileh al l'vav'khem v'al naf'sh'khemuk'shar'tem otam l'ot al yed'khem v'hayu l'totafot bein eineikhem*.So you shall put these, my words, on your heart and on your soul; and you shall bind them for signs on your hands, and they shall be for frontlets between your eyes. |
| Hebrew *V'limad'tem otam et b'neikhem l'dabeir bam*And you shall teach them to your children, and you shall speak of them |
| Hebrew *b'shiv't'kha b'veitekha uv'lekh't'kha vaderekh uv'shakh'b'kha uv'kumekha*when you sit at home, and when you walk along the way, and when you lie down and when you rise up. |
| Hebrew *Ukh'tav'tam al m'zuzot beitekha uvish'arekha.*And you shall write them on the doorposts of your house and on your gates. |
| Hebrew *L'ma'an yirbu y'maychem vi-y'may v'naychem al ha-adamah asher nishba YAHWEH la-avotaychem latayt lahem ki-y'may ha-shamayim al ha-aretz.*In order to prolong your days and the days of your children on the landthat YAHWEH promised your fathers that he would give them, as long as the days that the heavens are over the earth. |

**Part 3: Numbers 15:37-41**

This third part of the Shema does not mention the need to speak of these things morning and night. It talks about the [tzitzit](http://www.jewfaq.org/defs/tzitzit.htm) (fringes) that are traditionally worn like a string around the finger as a reminder of the commandments, like the [tefillin](http://www.jewfaq.org/defs/tefillin.htm) and [mezuzot](http://www.jewfaq.org/defs/mezuzah.htm) that are commanded in the first two paragraphs. The passage is also included to fulfill the[mitzvah](http://www.jewfaq.org/defs/mitzvot.htm) to remember the Exodus from Egypt every day of our lives.

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| Hebrew Vayo'mer YAHWEH el mosheh lei'morAnd YAHWEH spoke to Moses, saying... |
| Hebrew *Dabeir el b'nei Yis'ra'eil v'amar'ta aleihem*Speak to the children of Israel and say to them |
| Hebrew v'asu lahem tzitzit al kan'fei vig'deihem l'dorotamv'nat'nu al tzitzit hakanaf p'til t'kheiletthey should make themselves tzitzit (fringes) on the corners of their clothing throughout their generations,and give the tzitzit of each corner a thread of blue. |
| Hebrew *V'hayah lakhem l'tzitzit ur'item oto uz'khar'tem et kol mitz'vot YAHWEHva'asitem otam v'lo taturu acharei l'vav'khem v'acharei eineikhemasher atem zonim achareihem*And they shall be tzitzit for you, and when you look at them you will remember all of YAHWEHS commandmentsand do them and not follow after your heart and after your eyeswhich lead you astray. |
| Hebrew *L'ma'an tiz'k'ru va'asitem et kol mitz'votai viyitem k'doshim lei'loheikhem*In order to remember and do all My commandments, and be holy for your El. |
| Hebrew Ani YAHWEH Eloheikhem I am YAHWEH, your El, |
| Hebrew asher hotzei'ti et'khem mei'eretz Mitz'rayim lih'yot lakhhem leilohimwho lead you from the land of Egypt to be a El to you. |
| Hebrew Ani YAHWEH Eloheikhem I am YAHWEH, your El. |