

# PRIÈRES DU HAMÉAKEV

CONTRE TOUS LES BLOQUAGES

ET POUR DEMANDER LA MISÉRICORDE DIVINE

Ana Beko'ach G'dulat Yeminchah Tatir Tz'rurah

Kabel Rinat Am'chah Sagvenu Taharenu Nora

Na Gibor Dorshei Yichudcha Kebavat Shamrem

Bar'chem Taharem Rachamei Tzidkatcha Tamid Gamlem

Chasin Kadosh Berov Tuvcha Nahel Adatetcha

Yachid Ge'eh Le'amcha Pne Zochrei K'dushatetcha

Shav'atenu Kabel Ushma Tza'akatenu Yode'a Ta'alumot

Baruch Shem K'vod Malchuto Le'olam Va'ed

Veata Adonai maguen baadi, kevodi umerim roshi

Veata Adonai al tirchac, eyaluti leezrati chusha

Omar ladonai mach'si umtsu dati, Elohai evtach bo

Enê Adonai el tsadikim, veoznav el shav'atam

Adonai Elohim Tsevaót hashivênu, haer panêcha venivashêa

Chonêni Adonai, ki elêcha ecrá col hayom

Ani shachavti vaishána, hekitsoti ki Adonai yismecheni

Yadáti Adonai ki tsédec mishpatêcha, veemuna initáni

Lama Adonai tiznach nafshi, tastir panêcha mimeni  
Adonai Elohê yeshuati, yom tsaácti valaila negdêcha  
Lulê heemánti lir'ot betuv Adonai beérets chayim  
Shuva Adonai, chaletsá nafshi, hoshiêni lemaan chasdêcha  
Yisbeú atse Adonai, arzê Levanon asher nata  
Vihi Adonai misgav ladach, misgav leitot batsará  
Hine ki chen yevôrach gáver yere Adonai  
Lama Adonai taamod berachoc, talim leitot batsará  
  
Hodu ladonai qir-ou vichmo, hodiou bahamim alilotav  
Barechú Adonai col tsevaav, mesharetav ossê retsono  
Cavo kiviti Adonai, vayet elai vayishmá shav'ati  
Nidvót pi retse na Adonai, umishpatêcha lamedêni  
Al ken odechá vagoyim, Adonai, ul'shimchá azamêra  
Rotse Adonai et yereav, et hameyachalim lechasdo  
Ze hayom assa Adonai, naguíla venismecha vo  
Bôu nishtachave venichráa, nivrecha lifnê Adonai ossênu  
Daráshti et Adonai veanáni, umicol megurotai hitsiláni  
Adonai malách taguêl haárets, yismechú iyím rabim  
Chaletsêni Adonai meadam ra, meish chamassim tintserêni  
Shoftêni chetsidkechá Adonai Elohai veal yismechú li  
Zamerú ladonai yoshev Tsión, haguídu vaamim alilotav  
Odê Adonai ketsidco, vaazamera shem Adonai eliyon

Vaani alêcha vatácti Adonai, amarti Elohai áta

Uvshem Adonai ecra, ána Adonai maleta nafshi

Ma gadelú maassêcha Adonai, meod amecú mach'shevotêcha

Haríu ladonai col haárets, pits'chú veranenú vezamêru

Vaani elêcha Adonai shiváti, uvabóker tefilati tecademêca

Adonai ahavti meon betêcha, umecom mishcan kevodêcha

Im amárti máta ragli, chasdechá Adonai yis'adêni

Ki ata Adonai mach'si, elion sámta meonêcha

Yemin Adonai romema, yemin Adonai ôssa cháyl

Yirhé adonai bitchou vaadonai ezram oumaguinam ou

Adonai hatsíla hafshi missefat shéker, milashon remiya

Adonai yishmorchá micol ra, yishmor et nafshêcha

Adonai yishmor tsetechá uvoêcha, meata vead olam

Mi yemalel guevurot Adonai, yashmía col tehilato

Yehi chasdechá Adonai alênu, caasher yichálnu lach

Al taazvêni Adonai, Elohai al tirchac mimeni

Ivdú et Adonai bessimchá, bôu lefanav birnana

Odé Adonai méod befi, uvtoch rabim ahalelênu

Gadol Adonai umehulál meód, veligdulató ên chéker

Odê Adonai bechol libi, assaperá col nifleotêcha

Yehi chevod Adonai leolam, yismach Adonai bemaassav

Zechor rachamêcha Adonai vachassadêcha, ki meolam hêma

Hine ên Adonai el yereav, lameyachalim lechasdo

Adonai menat chelki vechossi, ata tomich gorali

Adonai bashamáyim hechin kis'ó, umalchuto bacol mashála

Ki rotsê Adonai amo, yefaer anavim bishuá

Somêch Adonai lechol hanofelim, vezokef lechol hakefufim

Yehí shem Adonai mevorach meat vead olam

Vaihi Adonai li lemisgav, velohai letsur mach'si

Penê Adonai beossê ra, lehach'rit meérets zichram

Adonai Adonênu, ma adir shimchá bechol haárets

Yissá verachá meet Adonai, uts'dacá meelohê yish'ó

Vehit'anag al Adonai, veyiten lechá mish'alot libêcha

Shema Adonai vechonêni, Adonai heyê ozer li

Shuva Adonai ad matai, vehinachem al avadêcha

Ohev Adonai shaarê Tsión, micol mishkenót yaacov

Chai Adonai uvaruch tsuri, veyaroum Elohê yish'í

Ki vachar Adonai betsión, iva lemoshav lo

Caráti vechol lev, anêni Adonai, chukêcha etsôra

Tsadic Adonai bechol deráchav, vechassid bechol maasáv

Adonai shomerêcha, Adonai tsilechá al yad yeminêcha

Yachel Yisrael el Adonai meata vead olam

Ashrê temimê dárech, haholechim betorat Adonai

Ashrê notserê edotav, bechol lev yidreshúhu

Af lo faalu avla, bidrachav haláchu

Ata tsivíta ficudêcha, lishmor meod

Achalai, yicônu derachai lishmor chukêcha

Az lo evosh, behabiti el col mitsvotêcha

Odechá beiósher levav, belomdi mishpetê tsidkêcha

Et chukêcha eshmer, al taazvêni ad meod

Bame yezake náar et orcho, lishmor kidvarêcha

Bechol libi derashtícha, al tashguêni mimitsvotêcha

Belibi tsafánti imratêcha, lemáan lo echeta lach

Baruch ata Adonai, lamedêni chukêcha

Bisfatai sipárti, col mishpetê fícha

Bedérech edevotêcha sasti, keal col hon

Beficudêcha assícha, veabíta orehotêcha

Bechucotêcha eshtaasha, lo eshcach devarêcha

Guemol al avdechá, echie veeshmerá devarêcha

Gal enai veabíta, niflaót mitoratêcha

Guer anochi vaárets, al taster mimêni mitsvotêcha

Garessa nafshi letaavá, el mishpatêcha vechol et

Gaárta zedim arurim, hashoguim mimitsvotêcha

Gal mealai cherpa vavuz, ki edotêcha natsárti

Gam yashevu sarim bi nidbáru, avdechá yassíach bechukêcha

Gam edotêcha shaashuái, anshê atsati

Davecá leafar nafshi, chaiêni kidvarêcha

Derachai siparti vataanêni, lamedeni chukêcha

Dérech picudêcha havinêni, veassícha benifleotêcha

Dalefa nafshi mituga, cayemêni kidvarêcha

Dérech shéker hasser mimêni, vetoratechá chonêni

Dérech emuná vachárti, mishpatêcha shivíti

Davácti veedevotêcha, Adonai al tevishêni

Dérech mitsvotêcha aruts, ki tarchiv libi

Horêni Adonai dérech chukêcha, veetsarêna ékev

Havinêni veetserá toratêcha, veeshmerêna vechol lev

Hadrichêni bintiv mitsvotêcha, ki vo chafats'ti

Hat libi el edevotêcha, veal el bátsa

Haaver enai mereot shav, bidrachêcha chaiêni

Hakem leavdechá imratêcha, asher leyir'atêcha

Haaver cherpati asher yagôrti, ki mishpatêcha tovim

Hine taávti leficudêcha, betsidcatechá chaiêni

Vivoúni chassadêcha Adonai, teshuatechá keimratêcha

Veene chorefi davar, ki vatáhti bidvarêcha

Veal tatsel mipi devar emét ad meod, ki lemishpatêcha yicháhti

Veeshmera toratechá tamid leolam vaed

Veet'halechá varechava, ki ficudêcha daráshti

Vaadaberá veedotêcha négued melachim, velo evosh

Veeshtaasha bemitsvotêcha asher ahávti

Veessá chapai el mitsvotêcha asher ahávti, veassícha vechukêcha

Zechor davar leavdêcha, al asher yichaltáni

Zot nechamati veonyi, ki imratechá chiyátzni

Zedim helitsúni ad meod, mitoratechá lo natíti

Zachárti mishpatêcha meolam Adonai vaetnecham

Zal'afa achazátzni mereshaim, ozevê toratêcha

Zemirót hayu li chukêcha bevet megurai

Zachárti valaila shimchá Adonai, vaeshmerá toratêcha

Zot hayetá li, ki ficudêcha natsárti

Chelki Adonai, amárti lishmor devarêcha

Chilíti fanêcha vechol lev, chonêni keimratêcha

Chishavti derachai, vaashíva raglai el edotêcha  
Chashti velo hitmamáti, lishmor mitsvotêcha  
Chevlê reshaim ivedúni, toratechá lo shacháhti  
Chatsot láila acum lehodot lach, al mishpetê tsidkêcha  
Chaver ani lechol asher yereúcha, ulshomerê picudêcha  
Chasdechá Adonai maleá haárets chukêcha lamedeni

Tov assíta im avdechá, Adonai kidvarêcha  
Tuv táam vadáat lamedêni, ki vemitsvotêcha heemánti  
Térem eene ani shogueg, veata imratechá shamárti  
Tov ata umetiv, lamedêni chukêcha  
Tafelu alai shéker zedim, ani bechol lev etsor picudêcha  
Tafash cachélev libam, ani toratechá shyasháti  
Tov li chi uneti, lemáan elmad chukêcha  
Tov li torat pícha, mealfê zahav vachássef

Yadêcha assúni vaichonenúni, havinêni veelmeda mitsvotêcha  
Yereêcha yir'uni veyismáchu, ki lidvarechá yicháhti  
Yadáti Adonai ki tsédec mishpatêcha, veemuna initáni  
Yehi na chasdechá lenachamêni, keimratechá leavdêcha  
Yevoúni rachamêcha veechie, ki toratechá shaashuái



Yevôshu zedim ki shéker ivetúni, ani assíach beficudêcha

Yashúvu li yereêcha, veiodeê edotêcha

Yehi libi tamim bechukêcha, lemáan lo evosh

Caleta liteshuatechá nafshi, lidvarechá yichálti

Calu enai leimratêcha, lemor matai tenachamêni

Ki hayíti kenod bekitor, chukêcha lo shachácti

Cama yemê avdêcha, matai taasse verodefai mishpat

Cáru li zedim shichot, asher lo chetoratêcha

Col mitsvotêcha emuna, shéker redafúni ozrêni

Kim'at kilúni vaárets, vaani lo azávti ficudêcha

Kechasdechá chaiêni, veeshmerá edut pícha

Leolam Adonai, devarechá nitsav bashamáyim

Ledor vador emunatêcha, conánta érets vataamod

Lemishpatêcha amedu haiom, ki hacol avadêcha

Lulê toratechá shaashuái, az avádeti veonyi

Leolam lo eshcach picudêcha, ki vam chiyitáni

Lechá ani hoshiêni, ki ficudêcha daráshti

Li kivu reshaim leabedêni, edotêcha etbonan

Lechol tichlá raíti kets, rechava mitsvatechá

Ma ahávti toratêcha, col haiom hi sichati  
Meoyévai techakemêni mitsvotêcha, ki leolam hi li  
Micol melamedai hiscálti, ki edevotêcha sícha li  
Mizekenim etbonan, ki ficudêcha natsárti  
Micol ôrach ra calíti raglai, lemáan eshmor devarêcha  
Mimishpatêcha lo sárti, ki ata horetáni  
Ma nimletsu lechiki imratêcha, midevash lefi  
Mipicudêcha etbonan, al ken sanêti col ôrach sháker

Ner leragli devarêcha, veor lintivati  
Nishbáti vaacaiêma, lishmor mishpetê tsidkêcha  
Naanêti ad meod, Adonai chaiêni chidvarêcha  
Nidvót pi retse na Adonai, umishpatêcha lamedêni  
Nafshi vechapi tamid, vetoratechá lo shacháhti  
Natenú reshaim pach li, umipicudêcha lo taíti  
Nachálti edevotêcha leolam, ki sesson libi hêma  
Natíti libi laassot chukêcha leolam ékev

Seafim sanêti, vetoratechá ahávti  
Sitri umaguini áta, lidvarechá yichálti  
Súru mimêni mereím, veetserá mitsvót Elohai  
Samchêni cheimratechá veechie, veal tevishêni missivri  
Seadêni veivashêa, veesh'á vechukêcha tamid  
Salíta col shoguim mechukêcha, ki shéker tarmitam  
Siguim hishbáta chol rish'ê árets, lachen ahávti edotêcha  
Samar mipachdechá vessari, umimishpatêcha yarêti

Assíti mishpat vatsédec, bal tanichêni leoshecai  
Arov avdechá letov, al yasshcúni zedim  
Enai calu lishuatêcha, uleimrat tsidkêcha  
Asse im avdechá chechasdêcha, vechukêcha lamedêni  
Avdechá ani havinêni, veedeá edotêcha  
Et laassót ladonai, hefêru toratêcha  
Al ken ahávti mitsvotêcha, mizahav umipaz  
Al ken col picudê chol yishárti, col ôrach shéker sanêti

Pelaot edevotêcha, al ken netsaratam nafshi  
Petach devarêcha yair, mevin petayim

Pi faárti vaesh'áfa, ki lemitsvotêcha yaávti  
Pene elai vechonêni, kemishpat leohavê shemêcha  
Peamai hachen beimratêcha, veal tashlet bi chol áven  
Pedêni meóshec adam, veeshmera picudêcha  
Panêcha haer beavdêcha, velamedêni et chukêcha  
Palguê máyim yaredu enai, al lo shameru torarêcha

Tsadic ata Adonai, veyashar mishpatêcha  
Tsivíta tsédec edotêcha, veemuna meod  
Tsimetátzni kin'ati, ki shachechú devarêcha tsarai  
Tserufá imratechá meod, veavdechá ahevá  
Tsair anochi venivze, picudêcha lo shacháhti  
Tsidcatechá tsédec leolam, vetoratechá emet  
Tsar umatsoc metsaúni, mitsvotêcha shaashuái  
Tsédec edevotêcha leolam, havinêni veechie

Caráti vechol lev, anêni Adonai, chukêcha etsôra  
Keratícha hoshiêni, veeshmera edotêcha  
Kidámtni vanéshef vaashavêa, lidvarechá yicháltni  
Kidemu enai ashmurót, lassíach beimratêcha  
Coli shim'á chechasdêcha, Adonai kemishpatêcha chaiêni

Carevu rodefê zimá, mitoratechá rachacu  
Carov ata Adonai, vechol mitsvotêcha emet  
Kédem yadáti meedotêcha, ki leolam yessadetam

Ree onyi vechaletsêni, ki torarechá lo shacháhti

Riva rivi uguealêni, leimratechá chaiêni  
Rachoc mereshaim yeshuá, ki chukêcha lo daráshu  
Rachamêcha rabim Adonai, kemishpatêcha chaiêni

Rabim rodefai vetsarai,  
meedevotêcha lo natíti

Raíti voguedim vaetcotáta, asher imratechá lo shamáru

Ree ki ficudêcha ahávti, Adonai kechasdechá chaiêni

Rosh devarechá emet, uleolam col mishpat tsidkêcha

Sarim redafúni chinam, umidevarechá fachad libi

Sas anochi al imratêcha, kemosse shalal rav

Shéker sanêti vaataêva, toratechá ahávti

Shéva bayom hilaltícha, al mishpetê tsidkêcha

Shalom rav leohavê toratêcha, veen lamo mich'shol

Sibárti lishuatechá Adonai, umitsvotêcha assíti

Shamerá nafshi edotêcha, vaohavem meod

Shamárti ficudêcha veedotêcha, ki chol derachai negdêcha

Ticrav rinati lefanêcha Adonai, kidvarechá havinêni  
Tavo techinati lefanêcha, keimratechá hatsilêni  
Tabána sefatai tehilá, ki telamedêni chukêcha  
Táan leshoni imratêcha, ki chol mitsvotêcha tsédec  
Tehi yadechá leozrêni, ki ficudêcha vachárti  
Taávti lishuatechá Adonai, vetoratechá shaashuái  
Techi nafshi utehalelêca, umishpatêcha yazerúni  
Taíti kesse oved bakesh avdêcha, ki mitsvotêcha lo shachácti

Haderet veémouna lechaye olamim

Abina veaberacha lechaye olamim

Agaava veaguedoula lechaye olamim

Adea veadibour lechaye olamim

Aod veéadar lechaye olamim

Avahad veavatikout lechaye olamim

Azach veazoar lechaye olamim

Achayil veachossen lechaye olamim

Atechess veatoar lechaye olamim

Ayichoud veayir'a lechaye olamim

Aketer veakavod lechaye olamim

Alekach vealibouv lechaye olamim

Ameloucha veamemshala lechaye olamim

Anoy veanetsach lechaye olamim

Assigouy veasseguev lechaye olamim

Ahoz veahanava lechaye olamim

Apedout veapeher lechaye olamim

Atssevi veatssedek lechaye olamim

Akeria veakedousha lechaye olamim

Aron vearomemout lechaye olamim

Achir veashevach lechaye olamim

Atehila veatiferet lechaye olamim

Shema israel Adonai elohenou Adonai echad

Barouch shem kevod malchouto leolam vaed

Adonai hou aheloim (x7)

Adonai melech Adonai malach Adonai yimloch leolam vaed (x2)

Ana Adonai ochia na, Ana Adonai ochia na

Ana adonai atsslicha na, Ana adonai atsslicha na

El na refa na la, El na refa na la

Poteach et yadecha oumassbiha lechol chay ratsson

Tipol haleèm éymata vafachad