

The Amidiah – The Standing Prayer

The Amidiah- called “The Standing Prayer,” was composed around 450 BCE, by the 120 Men of the Great Assembly, including Ezra and Nehemiah at the time of the rebuilding of the Temple.

It was to be said while standing.

Three (3) times a day at the hours of prayer:

9 am, 12 pm, 3 pm.

1. GOD OF HISTORY:

Blessed are you, Oh Lord our God and God of our fathers, the God of Abraham, the God of Isaac and the God of Jacob, the great, mighty and revered God, the Most High God who bestows loving kindnesses, the creator of all things, who remembers the good deeds of the patriarchs and in love came as a redeemer to their children’s children for your name’s sake. Oh king, helper, saviour and shield. Blessed are you, Oh Lord, the shield of Abraham.

2. THE GOD OF NATURE:

You, Oh Lord, are mighty forever, you revive the dead, you have the power to save. You cause the wind to blow and the rain to fall. You sustain the living with loving-kindness, you revive the dead with great mercy, and you support the falling, heal the sick, set free the bound and keep faith with those who sleep in the dust. Who is like you, Oh doer of mighty acts? Who resembles you, a king who puts to death and restores to life, and causes salvation to flourish? And you are certain to revive the dead. Blessed are you, Oh Lord, who revives the dead.

3. SANCTIFICATION OF GOD:

We will sanctify your name in this world just as it is sanctified in the highest heavens, as it is written by your prophet: And they call out to one another and say: Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory. [Isa. 6:3] Those facing them praise God saying: Blessed be the Presence of the LORD in his place. [Ezek. 3:12] And in your Holy Words it is written, saying, The LORD reigns forever, your God, Oh Zion, throughout all generations. Hallelujah. [Ps. 146:10] Throughout all generations, we will declare your greatness, and to all eternity we will proclaim your holiness. Your praise, Our God, shall never depart from our mouth, for you are a great and holy God and King. Blessed are you, Oh Lord, the holy God. You are holy, and your name is holy, and holy beings praise you daily.

(Selah. -”pause and think about that”) Blessed are you, Oh Lord, the holy God.

4. PRAYER FOR UNDERSTANDING:

You favor men with knowledge, and teach mortals understanding. Oh favour us with the knowledge, the understanding and the insight that comes from you. Blessed are you, Oh Lord, the gracious giver of knowledge.

5. FOR REPENTANCE:

Bring us back, Our father, to your Instruction; draw us near, Our King, to your service; and cause us to return to you in perfect repentance. Blessed are you, Oh Lord, who delights in repentance.

6. FOR FORGIVENESS:

Forgive us, Our Father, for we have sinned; pardon us, Our King, for we have transgressed; for You pardon and forgive. Blessed are you, Oh Lord, who is merciful and always ready to forgive.

7. FOR DELIVERANCE FROM AFFLICTION:

Look upon our affliction and plead our cause, and redeem us speedily for your name's sake, for you are a mighty redeemer. Blessed are you, Oh Lord, the redeemer of Israel.

8. FOR HEALING:

Heal us, Oh Lord, and we will be healed; save us and we will be saved, for you are our praise. Oh grant a perfect healing to all our ailments, for you, almighty King, are a faithful and merciful healer. Blessed are you, Oh Lord, the healer of the sick of his people Israel.

9. FOR DELIVERANCE FROM WANT:

Bless this year for us, Oh Lord our God, together with all the varieties of its produce, for our welfare. Bestow dew and rain for a blessing upon the face of the earth. Oh satisfy us with your goodness, and bless our year like the best of years. Blessed are you, Oh Lord, who blesses the years.

10. FOR GATHERING OF EXILES:

Sound the great shofar (trumpet) for our freedom, raise the ensign to gather our exiles, and gather us from the four corners of the earth. Blessed are you, Oh Lord, who gathers the dispersed of his people Israel.

11. FOR THE RIGHTEOUS REIGN OF GOD:

Restore our judges as in former times, and our counselors as at the beginning; and remove from us sorrow and sighing. Reign over us, you alone, Oh Lord, with loving kindness and compassion, and clear us in judgment. Blessed are you, Oh Lord, the King who loves righteousness and justice.

12. FOR THE RIGHTEOUS AND PROSELYTES:

May your compassion be stirred, Oh Lord our God, towards the righteous, the pious, the elders of your people the house of Israel, the remnant of their scholars, towards proselytes, and towards us also. Grant a good reward to all who truly trust in your name. Set our lot with them forever so that we may never be put to shame, for we have put our trust in you. Blessed are you, Oh Lord, the support and stay of the righteous.

13. FOR THE REBUILDING OF JERUSALEM:

Return in mercy to Jerusalem your city, and dwell in it as you have promised. Rebuild it soon in our day as an eternal structure, and quickly set up in it the throne of David. Blessed are you, Oh Lord, who rebuilds Jerusalem.

14. FOR THE MESSIANIC KING:

Speedily bring the offspring of your servant David to us, and let him be exalted by your saving power, for we wait all day long for your salvation. Blessed are you, Oh Lord, who brings salvation to flourish.

15. FOR THE ANSWERING OF PRAYER:

Hear our voice, Oh Lord our God; spare us and have pity on us. Accept our prayer in mercy and with favour, for you are a God who hears prayers and supplications. Our King, do not turn us away from your presence empty-handed, for you hear the prayers of your people Israel with compassion. Blessed are you, Oh Lord, who hears prayer.

16. FOR RESTORATION OF TEMPLE SERVICE:

Be pleased, Oh Lord our God, with your people Israel and with their prayers. Restore the service to the inner sanctuary of your Temple, and receive in love and with favour both the fire-offerings of Israel and their prayers. May the worship of your people Israel always be acceptable to You. And let our eyes behold your return in mercy to Zion. Blessed are you, Oh Lord, who restores his divine presence to Zion.

17. THANKSGIVING FOR GOD'S UNFAILING MERCIES:

We give thanks to you that you are the Lord our God and the God of our fathers forever and ever. Through every Generation, you have been the rock of our lives, the shield of our salvation. We will give you thanks and declare your praise for our lives that are committed into your hands, for our souls that are entrusted to you, for your miracles that are daily with us, and for your wonders and your benefits that are with us at all times, evening, morning and noon. Oh beneficent one, your mercies never fail; Oh merciful one, your loving kindnesses never cease. We have always put our hope in you. For all these acts may your name be blessed and exalted continually, Our King, forever and ever. Let every living thing give thanks to you and praise your name in truth, Oh God, our salvation and our help. (Selah. – “pause and think about that”) Blessed are you, Oh Lord, whose Name is the Beneficent One, and to whom it is fitting to give thanks.

18. FOR PEACE:

Grant peace, welfare, blessing, grace, loving kindness and mercy to us and to all Israel your people. Bless us, Our Father, one and all, with the light of your countenance; for by the light of your countenance you have given us, Oh Lord our God, a Torah of life, loving kindness and salvation, blessing, mercy, life and peace. May it please you to bless your people Israel at all times and in every hour with your peace. Blessed are you, Oh Lord, who blesses his people Israel with peace.

In the books of Acts we find Peter and John entering the Temple at the hour of “the” prayer referring to saying the Amidah.

It is literally called the hour of “the prayer” in the literal translations. Here we have a man, who according to the Scriptures was: Acts 4:22 For the man was above forty years old, on whom this miracle of healing was showed. Do you realize that meant Yeshua probably walked past him a minimum of 100 times in the temple and never healed him! This happened after Yeshua died at around 33 years of age and this man who was only 7 years older than Yeshua had been lame from his birth. Acts 3:1-2 Now Peter and John went up together into the temple at the hour of the prayer, after being the ninth hour. And a certain man lame from his mother’s womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple; Every Jew would love to be “standing” during the “standing

prayer.” So here, we have the Holy Spirit at the specific time of the Amidah strengthening this man’s ankles! Acts 3:6-9 Then Peter said, Silver and gold have I none; but such as I have – give I thee: In the name of YeshuaHaMashiach of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.

And all the people saw him walking and praising God: God was waiting for all to be gathered in the Temple so at the very moment of the Amidah, while all Israel was praising God, to heal this man. And I wouldn’t be surprised if it happened at the very moment the part of the prayer for healing was being said, that the man started whooping and hollering and giving God the glory!!

“Look at me! I’m standing during the Standing Prayer!!! God does heal!!!”

For 40 years he had heard or said this prayer, always wondering if it was true!

Do you know this was the very prayer they were saying right before the Spirit fell at Pentecost! It was the 3rd hour, the time of the morning prayers! Remember this was written hundreds of years before Messiah, so go read again the section called “the God of Nature” and remember – Yeshua had also just risen from the dead!