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) Blessed are You, Oh Lord, whose Name is the Beneficent One, and to whom it is fitting to give thanks.

For 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:

Ac 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 yrs of age and this man who was only 7 yrs older than Yeshua had been lame from his birth.

Ac 3:1.2 Now Peter and John went up together into the temple at the <u>hour of the prayer</u>, 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 mans ankles!

Ac 3:6-9 Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ 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 and go read again the section on the God of Nature and remember Yeshua had also just risen from the dead!!

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THE AMIDAH "THE STANDING PRAYER"

Composed around 450BC 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 times a day at the hours of prayer.9am,12, 3pm

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 will bring a redeemer to their children's children for His name's sake. Oh King, helper, Savior and Shield. Blessed are You, Oh Lord, the shield of Abraham.

God of Nature

You, O Lord, are mighty forever, You revive the dead, and You have the power to save. 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.

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. Blessed be the Presence of the LORD

Blessed are You, Oh Lord, who rebuilds Jeruquickly set up in it the throne of David. soon in our day as an eternal structure, and dwell in it as You have promised. Rebuild it

For the Messianic King

who causes salvation to flourish. Your salvation. Blessed are You, Oh Lord, Your saving power, for we wait all day long for David to flourish, and let Him be exalted by Speedily cause the offspring of Your servant

For the Answering of Prayer

Oh Lord, who hears prayer. ple Israel with compassion. Blessed are You, handed, for You hear the prayers of Your peonot turn us away from Your presence emptyhears prayers and supplications. Our King, do mercy and with favor, for You are a God who and have pity on us. Accept our prayer in Hear our voice, Oh Lord our God; spare us

For Restoration of Temple Service

ence to Zion. You, Oh Lord, who restores His Divine pres-Your return in mercy to Zion. Blessed are acceptable to You. And let our eyes behold the worship of Your people Israel always be fire-offerings of Israel and their prayers. May and receive in love and with favor both the service to the inner sanctuary of Your Temple, ple Israel and with their prayers. Restore the Be pleased, Oh Lord our God, with Your peo-

Thanksgiving for God's Unfailing Mercies

trusted to You, for Your miracles with us, and into Your hands, for our souls that are en-Your praise for our lives that are committed salvation. We will give You thanks and declare been the rock of our lives, the shield of our and ever. Through every generation You have our God and the God of our fathers forever We give thanks to You that You are the Lord

> people Israel. You, O Lord, the healer of the sick of His faithful and merciful healer. Blessed are ailments, for You, Almighty King, are a

For Deliverance from Want

Oh Lord, who blesses the years. year like the best of years. Blessed are You, isfy us with Your goodness, and bless our blessing upon the face of the earth. Oh satfor our welfare. Bestow dew and rain for a gether with all the varieties of its produce, Bless this year for us, Oh Lord our God, to-

For Gathering of Exiles

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

For the Righteous Reign of God

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

For the Righteous and Proselytes

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

Return in mercy to Jerusalem Your city, and For the Rebuilding of Jerusalem

Blessed are You, Oh Lord, the Holy God. and holy beings praise You daily. (Selah) God. You are holy, and Your name is holy King. Blessed are You, Oh LORD, the Holy mouth, for You are a great and Holy God and praise, Our God, shall never depart from our nity we will proclaim Your holiness. Your we will declare Your greatness, and to all etertions. Hallelujah. Throughout all generations your God, Oh Zion, throughout all generawritten, saying, The LORD reigns forever, from His place. In Your Holy Words it is

Prayer for Understanding

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

For Repentance

lights in repentance. tance. Blessed are You, Oh Lord, who deand cause us to return to You in perfect repention; draw us near, Our King, to Your service; Bring us back, Our Father, to Your instruc-

For Forgiveness

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

For Deliverance from Affliction

You, Oh Lord, the Redeemer of Israel. for You are a mighty redeemer. Blessed are and redeem us speedily for Your Name's sake, Look upon our affliction and plead our cause,

For Healing

praise. Oh grant a perfect healing to all our us and we will be saved. For You are our Heal us, Oh Lord, and we will be healed; save