



YOM KIPPUR

Prayer Guide

**A WOMAN'S GUIDE TO PRAY
AT HOME OR IN SHUL**

Compiled under the guidance of Rabbi Joey Haber

How do I use this guide?

This pamphlet was made to

- A. Guide you through the prayers
- B. Point out the highlights of the prayers for someone with limited time
- C. Give meaning to those highlights

What am I supposed to focus on on Yom Kippur?

3 things:

- A. Teshuva
- B. Forgiveness
- C. A good life

Teshuvah- There are 3 parts to teshuvah:

- A. Regret for what you did
- B. Say clearly the sins you've made (which is the purpose of the Vidui Hagadol throughout the day)
- C. To do it the right way going forward

Which leads us to Forgiveness...

Forgiveness- Once you've done teshuvah, now you're begging Hashem to forgive you for your mistakes (that is the purpose of the Selichot throughout the day)

Which leads to a good life...

A Good Life- Once you've done teshuvah and have been forgiven, now you hope and pray that you are deserving of an incredible life filled with joy, happiness, success, health, wealth, and everything you dream of.

What is the overview of the day ahead?

- This is the only day of the year that is divided into 5 prayers
 - Arbit
 - Shacharit
 - Musaf
 - Mincha
 - Neilah
- Each one of the prayers have a Selichot attached to it and a Viduy Hagadol attached to it
- Each one of those prayers have an Amidah that is very unique to Yom Kippur as you will see inside this booklet
- We open up the Hechal 5 times on this day, each one is very much a focal point of the day
 - At night for Kol Nidrei
 - In the morning for the Sefer Torah reading
 - In the early afternoon for Seder Haavodah
 - In the late afternoon for Sefer Torah reading again
 - At the last hour of the day for Neilah

לך אלי

- The night begins with a song in which we acknowledge that every part of us belongs to and was created by Hashem. We ask Hashem to not judge us for all of the sins we have done.

כל נדרי (stand)

- Now we open up the Hechal for the first time
- We take out 7 ספרי תורה to accompany the 1 ספר תורה that represents the כל נדרי
- *What is the purpose of כל נדרי?*
 - For many of us, we may have made promises or swears that in one way hold us back in heaven from being the person we need to be and from receiving Hashem's forgiveness. So before we do anything today, we need to unlock those promises which enables us to be ready for Teshuvah, forgiveness, and a good life.
- We say the כל נדרי page 3 times, then the Rabbi says it one more time to remove the promises of the future
- And then the ספרי תורה are returned and Arbit begins

ערבית

The beginning of Arbit is similar to a regular day, where we say the regular blessings before Shema, the Shema, and blessings after Shema

שמע

- On Yom Kippur, there are two things different about our Shema
 - The entire shul says it out loud together
 - The pasuk of Baruch Shem is also said out loud
 - Why? Because the angels say Baruch Shem out loud all the time, and on this one day, we are like angels

ושמרו

עמידה:

- Has a few components that will be in all of the עמידות of Yom Kippur.
 - In אֵתָה קְדוּשָׁה, we talk about how we want to make Hashem holy throughout the world; with the world fearing Him, respecting Him and His nation, which causes the righteous people to rejoice
 - The body of the עמידה has a similar structure to those of other holidays and talks about the day of forgiveness
 - Towards the end we say אָנָּה, which is a list of traits that may have caused us to sin.
 - End: עַל חַטָּא - Here we are listing all of our sins, not by the action but by the category; ex- on purpose, by accident, in private, or in public, etc)
- אָנָּה and עַל חַטָּא are part of the teshuvah process
- **When should I insert my own requests?**
 - At the very end of the Amidah after the word וּנְגִי and before the words יִהְיוּ לְרָצוֹן
- **Can I make my personal requests in English?**
 - If you don't know how to do it in hebrew, yes you can

סליחות

Said mostly standing

- Main piece of סליחות is ויעבר and is said many times throughout the day
 - These are the 13 characteristics of mercy that we are begging Hashem to use in His judgement on this day.
 - If you are home, ויעבר must be said with the Taamim as it would be sung in shul. The רחמנא section should be skipped if you are home.
 - You should try and say as much of the סליחות section as you can.
- A few notable parts of Selichot are:
 - Kel Melech- in this paragraph we ask Hashem to sit on the throne of mercy instead of the throne of judgement and forgive us
 - Rachmana- In this section, we are asking our God of mercy to have mercy on us in the many different areas of our life that are listed

- o Anshei Emunah- in this section we are saying that we used to have great people to pray on our behalf, now we don't so we need Hashem's mercy even more
- o Tamhanu- In this section we are telling Hashem that we are overwhelmed by the pain, and only you can help us
- o Annenu- In this section we are asking Hashem to answer us in the merit of the different great people that are listed

ידיי הגדול מצות לא תעשה

- Lists all relevant negative commandments that we may have done throughout the year such as eating unkosher, transgressing Shabbat, speaking lashon hara, ect...
- *Why are we saying this endless list?*
 - o By mentioning each and every sin, we are committing to try not to do it again (this is a key component of the teshuvah process mentioned above)
- *Can I say this in English?*
 - o If you really struggle with saying or understanding it in Hebrew, yes you can

Repeating of על חטא

יהי רצון

- Prayer for פרנסה, a robust income to enable us to live a good life to serve Hashem

עלינו

שחרית

ברכות השחר

- Skip סעשה לי כל צרכי (This beracha refers to shoes, and on Yom Kippur we don't wear normal leather shoes)

ה' מלכה' הוא האלוקים

הודו

- Thanking Hashem for all of the good that He does for us.

Songs before ברוך שאמר

- אלוקים קלי אתה
 - o Declaring that Hashem is our G-d that we depend on in every way. We ask Hashem to answer us when we call out to Him.
- שנאנים שאננים
 - o Discusses how Hashem is surrounded by a multitude of angels that praise Him. And we mimic them on this day.
- ברוך אשר עשה
 - o Blesses Hashem for creating the world. Each paragraph represents another day of creation.

ברוך שאמר

- Regular prayers like a normal Shacharit of Shabbat until עמידה.

עמידה

- ערבית as עמידה.

חזרה

- Follow along in shul. If you are home, skip it

ידיי הגדול מצות עשה

- Said standing
- Same as Arbit
- Try to focus on understanding the words you are saying, especially sins that you may have committed during the course of the year that you want to change

Repeating of על חטא

- Optional to say if you are at home

אבינו מלכנו

- o These are different requests to Hashem, our Father who loves us, and our King who can do anything.

סליחות

- Said mostly standing
- Same as ערבית.

ספר תורה Reading

- Before the Sefer Torah is read, we sing a song about the passing of the sons of Aharon. Since the Torah portion we're about to read starts with a reference to their passing
- The portion of the Torah that we read is about the service of the Kohen Gadol on Yom Kippur during the time of the Beit Hamikdash.

מוסף

אשרי

חון תחון

- We ask Hashem for forgiveness and mercy.

עמידה

- These are some of the themes of the Musaf Amidah:
 - The additions that we have with every Amidah on Yom Kippur (ubechen, ana, al chet)
 - We discuss the Korban Musaf on Yom Kippur
 - We ask for forgiveness

חזרה

- Follow along in Shul. If you are home skip.

סדר העבודה

Said standing

- Discusses services of the Kohen Gadol on Yom Kippur during the time of the Bet Hamikdash. Some highlights include:
 - The only day of the year that the Kohen Gadol entered the קודש הקדשים. He entered 5x during this day.
 - The Kohen would say וידוי and ask for forgiveness first for his own sins, then for the sins of his family, then all of the Kohanim, and then all of the Jewish people
 - 2 goats of equal size were brought, one was sacrificed to Hashem and the other "carried all of our sins" and was brought to a place called עזאזל and thrown off the cliff
 - We bow down to the ground 4X when ברוך שם is said. Your thought while bowing should be that "I give myself up completely to Hashem"
 - The kohen would spray blood many times - 1 up, 7 down. (this hints to the fact that we have many temptations, desires, and influences that are pulling us down and we have one Hashem that pulls us up)
 - One of the times that the Kohen Gadol went into the קודש הקדשים he would say one short powerful prayer. In that prayer he would focus on two things. A. The health of women during childbirth B. A strog income for the Jewish people
 - ובכן היה
 - This prayer concludes Seder Havaodah and in it we ask Hashem that even though we don't have the Beit Hamikdash, that he can still fully forgive our sins

ידוי הגדול מצות עשה

- In this we list all of the positive commandments that we've failed to do such as saying קריאת שמע, praying, respecting our parents, etc...
- Why are we saying this long list?
 - Because if we want to properly repent for any mitzvah that we may have failed to do, we need to say it out with the plan to do better in the future

על חטא Repeating of

- The same as was said in Arbit and Shacharit
- Optional to say if you are at home.

סליחות

Said Mostly standing

- Same as ערבית.

יהי רצון

- Prayer for פרנסה, income to take care of our families and serve hashem
- Last one of the year

עלינו

מנחה

עת שערי רצון

- Very emotional and poetic way of discussing the story of יצחק. How Hashem informed אברהם, how יצחק realized what is happening, how the angels reacted when they realized what was happening, and how אברהם reacted once Hashem told him to stop
 - Then Ashrei and ובא לציון are said
- Skip to the Amidah if you are at home

ספר תורה

- In this Torah portion, we are reading about some of the most serious sins in the Torah: inappropriate relationships
 - *Why is this what we are reading on Yom Kippur afternoon?*
 - Even on this very lofty day, we need to remember that at some point the inspiration is going to wear off, and yet we still need to be on guard for even the most far fetched Averot

Haftarah is read

- The Haftarah is the story of Yonah being instructed by Hashem to inspire the gentile city of Ninveh to do Teshuvah. Yonah then boards a ship to run away from doing so, he is then thrown into the ocean and swallowed by a fish. He is then spit out by the fish on the shore, goes to the city of Ninveh and inspires them to actually do Teshuvah.
 - *Why is the Haftarah of Yonah read on this day?*
 - To teach us that you can't run away from doing Teshuvah (because Yonah tried to and failed)
 - To teach us that Hashem accepts Teshuvah from anyone (because the city of Ninveh was a city of non-Jews and Hashem even accepted their Teshuvah)

עמידה

Same as Arvit and Shacharit

חזרה

- Follow along in shul. Skip if you are home.

ידי הגדול מצות לא תעשה

Here we turn to every limb of our body to help us beg Hashem for forgiveness. And each limb responds by saying they are disappointed that they can't help, so it's just left to us

ידי הגדול מצות לא תעשה

- Same rules and guidelines as Arvit and Shacharit
- Lists all relevant negative commandments.

על חטא

- Optional to say if you are at home.

אבינו מלכנו

- Last of the year (Said standing)

סליחות

- Mostly said standing
- Same as ערבית.

עלינו

נעילה

At this point you are tired, weak, and very hungry. However, the gates of heaven are about to close and this is your last chance to pull together all of your strength and make your last prayers count. By the time נעילה ends, Hashem has signed your fate for the year. Pray that that fate is incredibly good.

You will notice that at different points throughout this prayer, it will switch from חתמונו בספר חיים (write us in the book of life) to חתמונו בספר חיים (sign us in the book of life)

By this point in the day you should be clear on the one thing you want to accept upon yourself to change this year, and the many things you want to improve on.

קל נורא עלילה

- We start Neilah with a song in which we ask Hashem to forgive us, seal us in the book of life, and let us have a great year that will lead to the coming of משיח.

אשרי

עמידה

- Similar to the other Amidot we said throughout the day, but instead of על חטא, we add a paragraph where we are begging Hashem to accept our Teshuvah.

חזרה

- Follow along in shul. Skip if you are home.

וידוי

Said standing

- In some shuls, if they have time, they say הגדול מצות עשה (same as Musaf)

ברכת כהנים

- Only said in shul
- This must be said before sundown, so many shuls will be rushing to make this deadline

סליחות

- Shortened version

קראתי בכל לב

- Is a prayer that we cry out with all of our heart for Hashem to answer us
- 7X

שמע

- 1X

ה' הוא אלוקים

- 7X
 - Our last cries to Hashem before the gates close.

שופר

- Have in mind how you will serve Hashem throughout the year
- Normally done 20 minutes after sunset but it doesn't mean the holiday is over.

תרועה גדולה

- Then we read the paragraph of כל כלי יוצר, that says: go home, eat, drink, and rejoice because Hashem accepted our prayers! Amen!

Fast Ends 7:29pm

May Hashem accept your prayers and sign you in the book of health, happiness, success, and blessing for you and your family!



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