

Shema and V'ahavta- שמע ואהבת

Source Sheet by Alex Hamilton

(2) Hear, O Israel, Adonai is our God, Adonai is one!

Quietly: Praised be the name of the One whose glorious sovereignty is forever and ever.

(3) And you shall love Adonai, your God with all your heart, with all your soul, and with all that is yours. And these things which I command you this day shall be taken to heart. And you shall teach them to your children, and you shall say them in you dwelling in your home, and in your comings and goings, and in your lying down and in your waking up. And you shall tie as a sign upon your arm and an amulet between your eyes. And you shall write them on your the door frames of your house and upon your gates.

(ב) שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה'
אֶחָד: בלחש: בְּרוּךְ שֵׁם כְּבוֹד
מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד:
(ג) וְאַהֲבַת אֵת ה' אֱלֹהֶיךָ בְּכָל
לְבָבְךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי
מְצַוְךָ הַיּוֹם עַל לְבָבְךָ: וְשָׁנַנְתָּם
לְבִנְיָךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ
וּבְקוּמְךָ: וְקִשְׂרָתָם לְאוֹת עַל
יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל מַזְזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

Words to Know

Hear

שְׁמַע

One

אֶחָד

Commentaries

This is the most important prayer in Judaism. Are we speaking to ourselves here or are we talking to the other Jews? Perhaps a little of both. We remind ourselves that we believe in only one God. At the same time we remind other Jews about this too.

--Adapted from *Siddur Lev Shalem*, The Rabbinical Assembly

Observant Jews will literally surround themselves with the words of the Shema. They put the Shema inside their mezuzot on their doors, and they wrap them in tefillin on their foreheads and arms. We have ancient evidence of tefillin and mezuzot going back thousands of years.

--Adapted from *Siddur Lev Shalem*, The Rabbinical Assembly

Discussion Question

What do you think about practicing certain traditions for thousands of years such as wrapping tefillin or putting mezuzot on our doorframes?