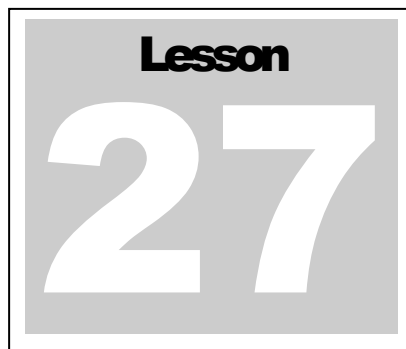




## *Noahide Laws & Lifecycle Course*

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### *Festivals II: Selichos*



*Noahide Nations Nagid Clergy  
Certification Program*

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## **Outline of This Lesson:**

- 1. Introduction**
- 2. When To Start Saying *Selichos***
- 3. The Custom Noahides Should Follow**
- 4. In Practice**
- 5. Action Point**
- 6. Structure of *Selichos***
- 7. Suggested *Selichos* Service**

## Festivals II: Selichos

### Introduction

The second phase Rosh HaShanah preparation is the recitation of *selichos* – penitential prayers. These prayers are meant to prepare the soul for Rosh HaShanah. Since Rosh HaShanah is the day upon which the heart of every person (Jew and Noahide alike) is examined, it makes sense that every person should prepare. The recitation of *selichos* is thus appropriate for both Jews and Noahides.

### When to Start Saying *Selichos*?

*Selichos* are usually said in the early, pre-dawn, hours and followed by one's regular devotions. As with all Noahide prayers, there is no quorum required for their recitation. They may be said by an individual or by a group of people. There are two different customs as to when to begin saying *selichos*.

#### **The Sephardi Custom**

According to the Sephardi custom (the custom of the Jews of Spain, North Africa, and the Middle East), *selichos* are said for the entire month of Elul. The reason for this is that Moses ascended Sinai on the first of Elul and remained there all month. He spent the time petitioning for his people and, eventually, received the second set of tablets. *Selichos* are recited for the entire month in commemoration and imitation of Moses's petitioning upon Sinai.

#### **The Ashkenazi Custom**

Ashkenazi custom (the custom of the Jews of Europe and most of America) is a little more complicated. The Ashkenazi custom has two requirements. First, is that there must be a minimum of four days of *selichos* before Rosh HaShanah. Second, is that *selichos* must start after the preceding Shabbat. Therefore, if Rosh HaShanah starts on a Wednesday night, then *selichos* start after the preceding Shabbat. However, if Rosh HaShanah starts on a Monday night, then *selichos* starts after the Shabbat preceding the Shabbat before Rosh Hashanah. In such a case, *selichos* are said for almost 10 days.

This custom has a fascinating source. In the Torah's list of the festival offerings<sup>1</sup> it states over and over: "You shall bring..." However, the offering of Rosh HaShanah says: "You shall make..." The sages have noted this subtle difference.

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<sup>1</sup> Numbers, Chapters 28 & 29.

On Rosh HaShanah, they explain, a person must make himself like an offering, a sacrifice, to God. He must prepare his soul in the same way in which a sacrifice is prepared for the Temple. Just as a sacrifice must be examined and watched for four days to ensure it is free of a disqualifying blemish, so too must a person search and examine his soul for at least four days prior to Rosh HaShanah.

What is the reason for always beginning after Shabbat? Beginning after Shabbat was originally a practical matter of synagogue logistics. Over time it became standard convention.

## Which Custom Should Noahides Follow

It seems more appropriate for Noahides to follow the Ashkenaz custom with some slight modifications. There are many, many reasons why the Ashkenaz custom is preferable for Noahides. Namely:

- 1) Moses's ascending Sinai in Elul, the basis for the Sephardic custom, was about seeking atonement for the Jewish sin of the golden calf. This is less relevant to Noahides than the reason behind the Ashkenaz custom. Noahides, after all, have a share in the laws of offerings. In fact, a Noahide may, even today, offer certain sacrifices (something even a Jew cannot do!)
- 2) Almost all of the texts of the *selichos* are inapplicable to Noahides. There are barely enough texts for the Ashkenaz custom and certainly not enough to fill out an entire month of *selichos* according to the Sephardic custom.

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### IN PRACTICE

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Since the Ashkenaz custom of starting *selichos* after Shabbat began as a matter of synagogue logistics, it is not relevant to Noahides. For this reason, we suggest that Noahides say *selichos* only in the four days before Rosh HaShanah. While Jews do not say *selichos* on Shabbat, the reasons for this omission do not apply to Noahides. Therefore, Noahides who wish to say *selichos* should begin four days before Rosh HaShanah and say them for each of the four days. In 2015 Noahides will say *selichos* as follows:

- Thursday, September 10, 2015 – First day of *selichos* for Noahides. Jews will begin saying *selichos* on the night of September 5.
- Friday, September 11, 2015 – Second day of *selichos* for Noahides.
- Saturday, September 12, 2015 – Third day of *selichos* for Noahides.

- Sunday, September 13, 2015 – Fourth and final day of *selichos*. Rosh HaShanah begins at night.
- Monday, September 14 – Rosh HaShanah day.

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**ACTION  
POINT**

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There are very, very few existing *selichos* texts that work for Noahides. The composition of uniquely Noahide *selichos* is worthwhile and certainly needed for those who wish to say *selichos*. An excellent source for the format and style of the *selichos* is [The Complete Artscroll Selichos](#). In the suggested Noahide service below, we have used Psalms associated with the themes of repentance as *selichos* texts. However, these may certainly be changed out in favor of uniquely Noahide texts.

## **The Structure of *Selichos***

The *selichos* service consists of fixed prayers interspersed with the *selichos* texts. The *selichos* texts change daily, while the fixed portions remain the same. The outline is as follows:

- Opening Prayers - The *Selichos* service consists of fixed opening prayers.
- *Selichos* - Each *selicha* (the singular of *selichos*) is separated by a repeated prayer refrain.
- The Litany – Following *selichos* we recite a confession.
- Supplication – The concluding prayer.

The following is a suggested *selichos* service for Noahides. It is adapted from the traditional Ashkenaz *selichos* service.

## *Selichos*

### The First Day

*Selichos may be said alone or with a congregation. This service is drafted for a congregation. An individual praying alone should say "I" instead of "we" and "my" instead of "our." An individual also omits congregational responses.*

#### Opening Prayers

##### **Sanctification**

**Leader:** May His great name be ever exalted and sanctified (**Cong.:** Amen!) in the world that He created according to His will. May His kingship reign in our lifetimes and in our days, swiftly and soon, and we say: Amen!

**Cong.:** Amen! May His great Name be blessed forever and ever!

**Leader:** May His great name be blessed forever and ever. Blessed, praised, glorified, exalted, extolled, mighty, upraised, and lauded is the name of the Holy One, Blessed is He (**Cong.:** Blessed is He!) exceedingly beyond any blessing and song or praise and consolation that may be uttered in the world, and we say: Amen (**Cong.:** Amen!)

**All continue individually:**

**To you,  
Lord, is the  
righteousness...**

To you, Lord, is the righteousness and to us the shamefacedness. What can we plead? What can we say? What can be uttered? How can we justify ourselves? We will search our ways, inspect them, and then we shall return to you, for Your right hand is outstretched to accept those who return. Neither with kindnesses nor worthy deeds do we come before You. Rather, like the poor and needy do we knock upon Your doors. We knock upon your doors, O Merciful and Compassionate One! Please, do not turn us away from You unanswered! Our King, do not turn us away from You unanswered, for You alone hear prayer!

**All flesh shall  
come to You...**

All flesh shall come to You, the One who hears prayer. All flesh shall come to bow before You, O Lord. They will come and bow before you, my Lord, and will render honor unto Your name. Come! Let us prostrate ourselves and bow! Let us kneel before God, our maker. Let us come to His dwelling places, let us prostrate at His footstool. Enter His gates with thanksgiving and His courts with praise. Give thanks to Him and praise His name! Exalt the Lord, our God, and bow at His footstool for He is Holy. Exalt the Lord, our God, and bow at His holy mountain for holy is the Lord, our God. Prostrate yourselves before the Lord in His most holy place. Tremble before Him, all who are upon earth.

As for us, through Your abundant kindness we shall enter Your house. We shall prostrate ourselves toward Your holy sanctuary in awe of You. We will bow towards Your holy sanctuary and give thanks to Your name, for Your kindness and truth, because You have exalted Your promise beyond Your name. Come! Let us sing to the *Lord*, let us call out unto the Rock of our salvation! Let us greet Him with thanksgiving, let us call out to Him with praiseful songs. Let us share together in sweet counsel, let us walk in throngs within the house of God.

God is dreaded in the hidden-most counsel of the holy ones, inspiring awe upon all those who surround him. Lift your hands in the sanctuary and bless the Lord. Behold! Bless the Lord, all you servants of the Lord, who stand in the house of the Lord in the nights. For what force is there in heaven or earth comparable to Your deeds and power? For His is the sea and He perfected the dry land; His hands fashioned it. For in His power are the hidden mysteries of the earth; the mountain summits belong to Him. For the soul of every living thing is His – so too is the spirit of all human flesh. Heaven will gratefully praise Your wonders, O Lord. Your faithfulness [will be praised] in the assembly of holy ones. Your arm is great with power. You strengthen Your hand; You exalt Your right hand! The heavens are Yours and the earth too, the earth and its fullness, is yours for you founded them. You shattered the sea with your might; you smashed the heads of sea serpents upon the waters. You established order upon the earth; summer and winter – you fashioned them. You crushed the heads of the leviathan and You served it as food to the nation of legions. You split open fountain and stream, You dried the mighty rivers. The day is Yours and the night, as well, is Yours. You established luminaries and the sun – You, who performs great deeds that are beyond comprehension and wonders without number. For the Lord is a great God, a great king who is above all heavenly powers. For You are great and work wonders – You alone, O God. For Your kindness is exalted above the very heavens and Your truth is until the upper heavens. The Lord is great and exceedingly lauded. He is awesome above all heavenly powers. Yours, Lord, is the greatness, strength, splendor, triumph, and glory – even everything in heaven and earth! Yours, Lord, is the dominion and sovereignty over every leader. Who could not revere You, O King of the Nations, for in all their kingdom there is none like You. There is none like You, O Lord, for You are great and Your name is great with power. O Lord, God of legions, who is like you, O Strong One, O God? Your faithfulness surrounds you! O Lord, Master of Legions, enthroned above the Cherubim, You alone are God.

Who can express the mighty acts of the Lord, who can announce all His praises? For what in the sky is comparable to the Lord, that can be likened to Him among the angels? What can we say before You who dwells on high? What can we say to You who abides in the highest heaven? What can we say before You, Lord, our God? What can we declare? What justification can we offer? We have no mouth with which to respond. Neither are we so brazen as to raise our heads, for our iniquities are too numerous to count and our sins too vast to be numbered. For

Your Name's sake, O Lord, revive us and, with your righteousness, remove our souls from distress. It is Your way, our God, to delay Your anger against people, both evil and good, and for this You are praised. Act for Your sake, our God, and not for ours. Behold our condition – destitute and empty-handed. The soul is Yours and the body is Your handiwork; take pity on Your labor. **(All continue to the end, but The Leader concludes by reading the following sentences aloud:)** The soul is Yours and the body is Yours. O Lord, act for Your name's sake! We have come, relying upon Your name, O Lord. Act for Your name's sake and because of Your name's glory – for “gracious and merciful God” is Your name! For your name's sake, Lord, may You forgive our iniquity, abundant as it may be.

**Cong. first aloud, then repeated aloud by Leader:** Forgive us, our father, for in our abundant folly we have erred. Pardon us our King, for our iniquities are many.

### ***Selicha – Psalm 32***

*The selicha texts are poetic creations of the paytanim – ancient poets who were masters of the Hebrew language and Jewish liturgy. Their creations deal extensively with the experience of Israel in exile and the restoration of the unique relationship between Israel and God. Due to their specificity, the selichos texts are mostly inapplicable to Noahides. As of today, there are no uniquely Noahide selichos. For this service, we have used Psalms associated with repentance as selicha texts. In the future, Noahides may compose their own unique poems to use in their place.*

*All recite Psalm 32 to themselves. The Leader, however, reads the last verse out loud.*

**Standing, all recite:**

**Oh God, King,  
Who sites upon  
the throne of  
mercy...**

Oh God, King, Who sites upon the throne of mercy, who acts with kindness, forgives iniquities, removes sin, and grants abundant pardon to careless transgressors and forgiveness to rebels – He Who deals righteously with every living being. You do not repay them according to their evil.

**Leader:** Please do not regard as sinful that which we have done foolishly and transgressed.

**Cong.:** We have erred, our Rock! Forgive us, O One who has formed us!

*The following four verses are recited responsively. Each verse is recited first by the Leader followed by the Congregation:*

**Hear our voice...**

Hear our voice, O Lord, our God, show us pity and compassion, and accept our prayer with compassion and favor.

Bring us back to You Lord, and we will return to you.



Do not cast us away from You, and do not remove Your holy spirit from us.

Do not cast us away in old age; do not forsake us when our strength is exhausted.

**All continue individually:**

Do not forsake us O Lord, our God, be not distant from us. Display for us a sign for good, so that our enemies may see it and be ashamed, for You, O Lord, will have helped and consoled us. To our sayings give ear, O Lord, perceive our thoughts. May the expressions of our mouth and the thoughts of our heart find favor before You, Lord, our Rock and our Redeemer. Because for You, O Lord, we have waited; You will answer, my Lord, our God.

## Confession

**All continue individually:**

Our God, may our prayer come before You. Do not ignore our supplication, for we are not so brazen and obstinate as to say before You, Lord, our God, that we are righteous and have not sinned, for in truth we have sinned.

*The confession is recited with head and body slightly bowed. Strike the left side of the chest with the right fist at each bolded word.*

WE have **become guilty**, we have **betrayed**, we have **robbed**, we have **spoken slander**, we have **caused perversion**, we have **caused wickedness**, we have **sinned willfully**, we have **extorted**, we have **accused falsely**, we have **given evil counsel**, we have **been deceitful**, we have **scorned**, we have **rebelled**, we have **provoked**, we have **turned away**, we have **been perverse**, we have **acted wantonly**, we have **persecuted**, we have **been obstinate**, we have **been wicked**, we have **corrupted**, we have **been abominable**, we have **strayed**, and You have let us go astray.

We have turned away from Your commandments and from Your good laws but to no avail. Yet, You are righteous in all that has come upon us, for You have acted truthfully while we have caused wickedness.

We have acted wickedly and sinned willfully. Inspire our hearts to abandon the path of evil, as it is written by Your prophet: May the wicked one abandon his way and the vicious man his thoughts; may he return to the Lord and He will show him mercy - to our God, for He is abundantly forgiving.

Your righteous anointed one [David] said before You: "Who can discern mistakes? From unperceived faults cleanse me." Cleanse us Lord, our God, of all

our willful sins and purify us, of all our contaminations. Sprinkle upon us pure water and purify us, as it is written by Your prophet: I shall sprinkle pure water upon you and purify you; I will purify you of all your contaminations and of all your abominations.

Micah, your servant, said before You: “Who O God is like You, who pardons iniquity and overlooks transgression for the remnant of his heritage? He who has not retained His wrath eternally, for he desires kindness! He will again be merciful to us; He will suppress our iniquities and cast all sins into the depths of the sea.”

Daniel, the greatly beloved man, cried out before You: “Incline Your ear, my God, and listen; open Your eyes and see our desolation and that of the city upon which Your Name is proclaimed. Not because of our righteousness do we cast our supplications before you, but rather because of your abundant compassion. O my Lord, heed! O my Lord, forgive! O my Lord, be attentive and act! Do not delay, for your sake my God, for your Name is proclaimed upon Your city and Your people.”

Ezra the scribe said before You: My God, I am embarrassed and ashamed to lift my face to You, for our iniquities have multiplied and our sins have extended unto heaven. You are the God of forgiveness, compassionate and merciful, slow to anger, and abundant in kindness. You have not forsaken us.

Do not forsake us, our Father, do not cast us off, our Creator, do not abandon us, our Molder, and do not bring about our destruction.

**Act for the  
sake...**

Act for the sake of Your truth, act for the sake of Your covenant, act for the sake of Your greatness and splendor, act for the sake of Your law, act for the sake of Your glory, act for the sake of Your meeting house, act for the sake of Your remembrance, act for the sake of Your kindness, act for the sake of Your goodness, act for the sake of Your oneness, act for the sake of Your honor, act for the sake of Your teaching, act for the sake of Your kingship, act for the sake of Your eternity, act for the sake of Your counsel, act for the sake of Your power, act for the sake of Your beauty, act for the sake of Your righteousness, act for the sake of Your sanctity, act for the sake of Your abundant mercy, act for the sake of Your presence, act for the sake of Your praise, act for the sake of Your beloved ones who rest in the dust, act for the sake of the desolation of your temple, act for the sake of the ruins of your altar, act for the sake of the martyrs for your holy name; act for the sake of those slaughtered for your oneness, act for the sake of those who entered fire and water for the sanctification of your name, act for the nursing infants who did not err act for the sake of the weaned babes who did not sin, act for the sake of the children at the schoolroom. Act for your sake, if not for ours. Act for your sake and save us!

**Answer us...**

Answer us, Lord, answer us.  
Answer us, Our God, answer us.  
Answer us, Our Father, answer us.  
Answer us, Our Creator, answer us.  
Answer us, Our Redeemer, answer us.  
Answer us, He Who Searches Us Out, answer us.  
Answer us, Faithful God, answer us.  
Answer us, Steadfast and Kind One, answer us.  
Answer us, Pure and Upright One, answer us.  
Answer us, Living and Enduring One, answer us.  
Answer us, Good and Beneficent One, answer us.  
Answer us, You Who Knows Inclination, answer us.  
Answer us, You Who Suppresses Wrath, answer us.  
Answer us, You Who Does Righteousness, answer us.  
Answer us, King Who Reigns Over Kings, answer us.  
Answer us, Awesome and Powerful One, answer us.  
Answer us, You Who Forgives and Pardons, answer us.  
Answer us, You Who Answers in Times of Distress, answer us.  
Answer us, Redeemer and Rescuer, answer us.  
Answer us, Righteous and Upright One, answer us.  
Answer us, He Who is Close to Those Who Call Upon Him, answer us.  
Answer us, Merciful and Gracious One, answer us.  
Answer us, You Who Hears the Destitute, answer us.  
Answer us, You Who Supports the Wholesome, answer us.  
Answer us, You Who are Hard to Anger, answer us.  
Answer us, You Who are Easy to Pacify, answer us.  
Answer us, You Who Answers In a Time of Favor, answer us.  
Answer us, Father of Orphans, answer us.  
Answer us, Judge of Widows, answer us.

The Merciful One Who Answers the poor, may He answer us.  
The Merciful One Who Answers the brokenhearted, may He answer us.  
The Merciful One Who Answers the humble of spirit, may He answer us.

O Merciful One, answer us!  
O Merciful One, have pity!  
O Merciful One, have mercy upon us – now, swiftly, and soon!

## Concluding Supplication Putting Down the Head

*The following is recited seated and with the head down, resting on one's arm.*

And David said to Gad: "I am exceedingly distressed. Let us fall into The Lord's hand for His mercies are abundant, but let me not fall into human hands.

O compassionate and Gracious One, I have sinned before you, O Lord, Who is full of mercy, have mercy on me and accept my supplications.

Lord, do not rebuke me in Your anger nor chastise me in Your rage. Favor me, O Lord, for I am feeble. Heal me, O Lord, for my bones shudder. My soul is utterly confounded. And You, Lord, how long? Desist, Lord, release my soul – save me as befits your kindness, for there is no mention of you in death. In the lower world, who will thank you? I am wearied with my sigh, each night my tears drench my bed and soak my couch. My eye is dimmed by anger, aged by my tormentors. Depart from me all evildoers, for the Lord has heard the sound of my weeping! The Lord has heard my plea. The Lord will accept my prayer. Let all my foes be shamed and utterly confounded; they will regret and be ashamed.

*The following is recited while standing:*

We know not what we do, but our eyes are upon you. Remember your mercies, Lord, and your kindnesses, for they extend from the beginning of the world. May your kindness be upon us, O Lord, as we have awaited You. May your mercies meet us quickly. Be gracious to us O Lord! Amid rage, remember to be merciful! For He knows our nature; He remembers that we are dust. **All continue to the end; the Leader reads this last verse aloud:** Help us, O God of our salvation, for the sake of Your glory. Rescue us and judge us favorably!

### **Sanctification**

**Leader:** May His great name be ever exalted and sanctified (**Cong.:** Amen!) **Leader:** in the world that He created according to His will. May His kingship reign in our lifetimes and in our days, swiftly and soon, and we say: Amen!

**Cong.:** Amen! May His great Name be blessed forever and ever!

**Leader:** May His great name be blessed forever and ever. Blessed, praised, glorified, exalted, extolled, mighty, upraised, and lauded is the name of the Holy One, Blessed is He (**Cong.:** Blessed is He!) exceedingly beyond any blessing and song or praise and consolation that may be uttered in the world, and we say: Amen (**Cong.:** Amen!)

## *Selichos*

### **The Second, Third, and Fourth Days**

*The service for these days differs slightly from that of the first day.*

#### **Opening Prayers**

##### **Sanctification**

**Leader:** May His great name be ever exalted and sanctified (**Cong.:** Amen!) in the world that He created according to His will. May His kingship reign in our lifetimes and in our days, swiftly and soon, and we say: Amen!

**Cong.:** Amen! May His great Name be blessed forever and ever!

**Leader:** May His great name be blessed forever and ever. Blessed, praised, glorified, exalted, extolled, mighty, upraised, and lauded is the name of the Holy One, Blessed is He (**Cong.:** Blessed is He!) exceedingly beyond any blessing and song or praise and consolation that may be uttered in the world, and we say: Amen (**Cong.:** Amen!)

**All continue individually:**

**To you,  
Lord, is the  
righteousness...**

To you, Lord, is the righteousness and to us the shamefacedness. What can we plead? What can we say? What can be uttered? How can we justify ourselves? We will search our ways, inspect them, and then we shall return to you, for Your right hand is outstretched to accept those who return. Neither with kindnesses nor worthy deeds do we come before You. Rather, like the poor and needy do we knock upon Your doors. We knock upon your doors, O Merciful and Compassionate One! Please, do not turn us away from You unanswered! Our King, do not turn us away from You unanswered, for You alone hear prayer!

**All flesh shall  
come to You...**

All flesh shall come to You, the One who hears prayer. All flesh shall come to bow before You, Lord. They will come and bow before you, my Lord, and will render honor unto Your name. Come! Let us prostrate ourselves and bow! Let us kneel before God, our maker. Let us come to His dwelling places, let us prostrate at His footstool. Enter His gates with thanksgiving and His courts with praise. Give thanks to Him and praise His name! Exalt the Lord, our God, and bow at His footstool for He is Holy. Exalt the Lord, our God, and bow at His holy mountain for holy is the Lord, our God. Prostrate yourselves before the Lord in His most holy place. Tremble before Him, all who are upon earth.

As for us, through Your abundant kindness we shall enter Your house. We shall prostrate ourselves toward Your holy sanctuary in awe of You. We will bow towards Your holy sanctuary and give thanks to Your name, for Your kindness

and truth, because You have exalted Your promise beyond Your name. Come! Let us sing to the Lord, let us call out unto the Rock of our salvation! Let us greet Him with thanksgiving, let us call out to Him with praiseful songs. Let us share together in sweet counsel, let us walk in throngs within the house of God.

God is dreaded in the hidden-most counsel of the holy ones, inspiring awe upon all those who surround him. Lift your hands in the sanctuary and bless the Lord. Behold! Bless the Lord, all you servants of the Lord, who stand in the house of the Lord in the nights. For what force is there in heaven or earth comparable to Your deeds and power? For His is the sea and He perfected the dry land; His hands fashioned it. For in His power are the hidden mysteries of the earth; the mountain summits belong to Him. For the soul of every living thing is His – so too is the spirit of all human flesh. Heaven will gratefully praise Your wonders, O Lord. Your faithfulness [will be praised] in the assembly of holy ones. Your arm is great with power. You strengthen Your hand; You exalt Your right hand! The heavens are Yours and the earth too, the earth and its fullness, is yours for you founded them. You shattered the sea with your might; you smashed the heads of sea serpents upon the waters. You established order upon the earth; summer and winter – you fashioned them. You crushed the heads of the leviathan and You served it as food to the nation of legions. You split open fountain and stream, You dried the mighty rivers. The day is Yours and the night, as well, is Yours. You established luminaries and the sun – You, who performs great deeds that are beyond comprehension and wonders without number. For the Lord is a great God, a great king who is above all heavenly powers. For You are great and work wonders – You alone, O God. For Your kindness is exalted above the very heavens and Your truth is until the upper heavens. The Lord is great and exceedingly lauded. He is awesome above all heavenly powers. Yours, O Lord, is the greatness, strength, splendor, triumph, and glory – even everything in heaven and earth! Yours, O Lord is the dominion and sovereignty over every leader. Who could not revere You, O King of the Nations, for in all their kingdom there is none like You. There is none like You, O Lord, for You are great and Your name is great with power. The Lord, God of legions, who is like you, O Strong One, O God? Your faithfulness surrounds you! The Lord, Master of Legions, enthroned above the Cherubim, You alone are God.

Who can express the mighty acts of the Lord, who can announce all His praises? For what in the sky is comparable to the Lord, that can be likened to Him among the angels? What can we say before You who dwells on high? What can we say to You who abides in the highest heaven? What can we say before You, Lord, our God? What can we declare? What justification can we offer? We have no mouth with which to respond. Neither are we so brazen as to raise our heads, for our iniquities are too numerous to count and our sins too vast to be numbered. For Your Name's sake, O Lord, revive us and, with your righteousness, remove our souls from distress. It is Your way, our God, to delay Your anger against people, both evil and good, and for this You are praised. Act for Your sake, our God, and

not for ours. Behold our condition – destitute and empty-handed. The soul is Yours and the body is Your handiwork; take pity on Your labor. **(All continue to the end, but The Leader concludes by reading the following sentences aloud:)** The soul is Yours and the body is Yours. O Lord, act for Your name’s sake! We have come, relying upon Your name, Lord. Act for Your name’s sake and because of Your name’s glory – for “gracious and merciful God” is Your name! For your name’s sake, O Lord, may You forgive our iniquity, abundant as it may be.

**Cong. first aloud, then repeated aloud by Leader:** Forgive us, our father, for in our abundant folly we have erred. Pardon us our king, for our iniquities are many.

All continue individually:

**O God - You are slow to anger...**

O God - You are slow to anger. You are called the Master of Mercy and You have taught the way of repentance. May You recall this day and every day the greatness of Your mercy and kindness. Turn to us in mercy for You are the Master of mercy. With supplication and prayer we approach Your presence. Turn back from Your anger. May we find shelter in the shadow of Your wings. Overlook sin and erase guilt. Give ear to our cry and be attentive to what we have said!

**As a father...**

As a father is merciful to his children, so too, Lord, may you have mercy upon us. The Lord, master of legions, praiseworthy is the person who trusts in You. Save, O Lord! May the King answer us on the day we call!

**Leader:** Forgive, please, our iniquity according to the greatness of your kindness! Forgive us as you granted forgiveness in your Holy Torah, as it is written:

**Cong.:** And said the Lord, “I have forgiven according to your word!”

### ***Selicha – Psalms***

*On the second day, recite Psalm 62. On the third day, Psalm 75. On the fourth day, Psalm 51.*

**Standing, all recite:**

**Oh God, King,  
Who sites upon  
the throne of  
mercy...**

Oh God, King, Who sites upon the throne of mercy, who acts with kindness, forgives iniquities, removes sin, and grants abundant pardon to careless transgressors and forgiveness to rebels – He Who deals righteously with every living being. You do not repay them according to their evil.

**Leader:** Please do not regard as sinful that which we have done foolishly and transgressed.

**Cong.:** We have erred, our Rock! Forgive us, O One who has formed us!

*The following four verses are recited responsively. Each verse is recited first by the Leader followed by the Congregation:*

**Hear our voice...**

Hear our voice, O Lord, our God, show us pity and compassion, and accept our prayer with compassion and favor.

Bring us back to You O Lord, and we will return to you.

Do not cast us away from You, and do not remove Your holy spirit from us.

Do not cast us away in old age; do not forsake us when our strength is exhausted.

**All continue individually:**

Do not forsake us, Lord, our God, be not distant from us. Display for us a sign for good, so that our enemies may see it and be ashamed, for You, O Lord, will have helped and consoled us. To our sayings give ear, O Lord, perceive our thoughts. May the expressions of our mouth and the thoughts of our heart find favor before You, Lord, our Rock and our Redeemer. Because for You, Lord, we have waited; You will answer, my Lord, our God.

## **Confession**

**All continue individually:**

Our God, may our prayer come before You. Do not ignore our supplication, for we are not so brazen and obstinate as to say before You, O Lord, our God, that we are righteous and have not sinned, for in truth we have sinned.

*The confession is recited with head and body slightly bowed. Strike the left side of the chest with the right fist at each bolded word.*

WE have **become guilty**, we have **betrayed**, we have **robbed**, we have **spoken slander**, we have **caused perversion**, we have **caused wickedness**, we have **sinned willfully**, we have **extorted**, we have **accused falsely**, we have **given evil counsel**, we have **been deceitful**, we have **scorned**, we have **rebelled**, we have **provoked**, we have **turned away**, we have **been perverse**, we have **acted wantonly**, we have **persecuted**, we have **been obstinate**, we have **been wicked**, we have **corrupted**, we have **been abominable**, we have **strayed**, and You have let us go astray.

We have turned away from Your commandments and from Your good laws but to no avail. Yet, You are righteous in all that has come upon us, for You have acted truthfully while we have caused wickedness.



We have acted wickedly and sinned willfully. Inspire our hearts to abandon the path of evil, as it is written by Your prophet: May the wicked one abandon his way and the vicious man his thoughts; may he return to the Lord and He will show him mercy - to our God, for He is abundantly forgiving.

Your righteous anointed one [David] said before You: “Who can discern mistakes? From unperceived faults cleanse me.” Cleanse us Lord, our God, of all our willful sins and purify us, of all our contaminations. Sprinkle upon us pure water and purify us, as it is written by Your prophet: I shall sprinkle pure water upon you and purify you; I will purify you of all your contaminations and of all your abominations.

Micah, your servant, said before You: “Who O God is like You, who pardons iniquity and overlooks transgression for the remnant of his heritage? He who has not retained His wrath eternally, for he desires kindness! He will again be merciful to us; He will suppress our iniquities and cast all sins into the depths of the sea.”

Daniel, the greatly beloved man, cried out before You: “Incline Your ear, my God, and listen; open Your eyes and see our desolation and that of the city upon which Your Name is proclaimed. Not because of our righteousness do we cast our supplications before you, but rather because of your abundant compassion. O my Lord, heed! O my Lord, forgive! O my Lord, be attentive and act! Do not delay, for your sake my God, for your Name is proclaimed upon Your city and Your people.”

Ezra the scribe said before You: My God, I am embarrassed and ashamed to lift my face to You, for our iniquities have multiplied and our sins have extended unto heaven. You are the God of forgiveness, compassionate and merciful, slow to anger, and abundant in kindness. You have not forsaken us.

Do not forsake us, our Father, do not cast us off, our Creator, do not abandon us, our Molder, and do not bring about our destruction.

**Act for the  
sake...**

Act for the sake of Your truth, act for the sake of Your covenant, act for the sake of Your greatness and splendor, act for the sake of Your law, act for the sake of Your glory, act for the sake of Your meeting house, act for the sake of Your remembrance, act for the sake of Your kindness, act for the sake of Your goodness, act for the sake of Your oneness, act for the sake of Your honor, act for the sake of Your teaching, act for the sake of Your kingship, act for the sake of Your eternity, act for the sake of Your counsel, act for the sake of Your power, act for the sake of Your beauty, act for the sake of Your righteousness, act for the sake of Your sanctity, act for the sake of Your abundant mercy, act for the sake of Your presence, act for the sake of Your praise, act for the sake of Your beloved ones who rest in the dust, act for the sake of the desolation of your temple, act for

the sake of the ruins of your altar, act for the sake of the martyrs for your holy name; act for the sake of those slaughtered for your oneness, act for the sake of those who entered fire and water for the sanctification of your name, act for the nursing infants who did not err act for the sake of the weaned babes who did not sin, act for the sake of the children at the schoolroom. Act for your sake, if not for ours. Act for your sake and save us!

**Answer us...**

Answer us, O Lord, answer us.  
Answer us, Our God, answer us.  
Answer us, Our Father, answer us.  
Answer us, Our Creator, answer us.  
Answer us, Our Redeemer, answer us.  
Answer us, He Who Searches Us Out, answer us.  
Answer us, Faithful God, answer us.  
Answer us, Steadfast and Kind One, answer us.  
Answer us, Pure and Upright One, answer us.  
Answer us, Living and Enduring One, answer us.  
Answer us, Good and Beneficent One, answer us.  
Answer us, You Who Knows Inclination, answer us.  
Answer us, You Who Suppresses Wrath, answer us.  
Answer us, You Who Dons Righteousness, answer us.  
Answer us, King Who Reigns Over Kings, answer us.  
Answer us, Awesome and Powerful One, answer us.  
Answer us, You Who Forgives and Pardons, answer us.  
Answer us, You Who Answers in Times of Distress, answer us.  
Answer us, Redeemer and Rescuer, answer us.  
Answer us, Righteous and Upright One, answer us.  
Answer us, He Who is Close to Those Who Call Upon Him, answer us.  
Answer us, Merciful and Gracious One, answer us.  
Answer us, You Who Hears the Destitute, answer us.  
Answer us, You Who Supports the Wholesome, answer us.  
Answer us, You Who are Hard to Anger, answer us.  
Answer us, You Who are Easy to Pacify, answer us.  
Answer us, You Who Answers In a Time of Favor, answer us.  
Answer us, Father of Orphans, answer us.  
Answer us, Judge of Widows, answer us.

The Merciful One Who Answers the poor, may He answer us.  
The Merciful One Who Answers the brokenhearted, may He answer us.  
The Merciful One Who Answers the humble of spirit, may He answer us.

O Merciful One, answer us!  
O Merciful One, have pity!  
O Merciful One, have mercy upon us – now, swiftly, and soon!

## Concluding Supplication Putting Down the Head

*The following is recited seated and with the head down, resting on one's arm.*

And David said to Gad: "I am exceedingly distressed. Let us fall into the Lord's hand for His mercies are abundant, but let me not fall into human hands.

O compassionate and Gracious One, I have sinned before you, Lord Who is full of mercy, have mercy on me and accept my supplications.

Lord, do not rebuke me in Your anger nor chastise me in Your rage. Favor me, O Lord, for I am feeble. Heal me, Lord, for my bones shudder. My soul is utterly confounded. And You, O Lord, how long? Desist Lord, release my soul – save me as befits Your kindness, for there is no mention of You in death. In the lower world, who will thank You? I am wearied with my sigh, each night my tears drench my bed and soak my couch. My eye is dimmed by anger, aged by my tormentors. Depart from me all evildoers, for the Lord has heard the sound of my weeping! The Lord has heard my plea. The Lord will accept my prayer. Let all my foes be shamed and utterly confounded; they will regret and be ashamed.

*The following is recited while standing:*

We know not what we do, but our eyes are upon you. Remember your mercies, O Lord, and your kindnesses, for they extend from the beginning of the world. May your kindness be upon us, O Lord, as we have awaited You. May your mercies meet us quickly. Be gracious to us, Lord! Amid rage, remember to be merciful! For He knows our nature; He remembers that we are dust. **All continue to the end; the Leader reads this last verse aloud:** Help us, O God of our salvation, for the sake of Your glory. Rescue us and judge us favorably!

### **Sanctification**

**Leader:** May His great name be ever exalted and sanctified (**Cong.:** Amen!) **Leader:** in the world that He created according to His will. May His kingship reign in our lifetimes and in our days, swiftly and soon, and we say: Amen!

**Cong.:** Amen! May His great Name be blessed forever and ever!

**Leader:** May His great name be blessed forever and ever. Blessed, praised, glorified, exalted, extolled, mighty, upraised, and lauded is the name of the Holy One, Blessed is He (**Cong.:** Blessed is He!) exceedingly beyond any blessing and song or praise and consolation that may be uttered in the world, and we say: Amen (**Cong.:** Amen!)