

Avot V'emahot

Q & A Worksheets and Prayer

This lesson includes one Avot V'emahot numbered prayer sheet and three Q & A worksheets. The Q & A sheets are designed to be used together or separately after the contents of the prayer are taught. The Avot V'emahot prayer sheet may also be used to play games such as the ones below.

- 1. Tic-Tac-Toe:** Divide the class into two teams. Draw a Tic-Tac-Toe grid on the blackboard. Give each player a prayer sheet. Use a deck of cards with all the cards between Ace and 10. Players on each team take turns choosing a card and reading a prayer phrase line. To keep the students engaged, ask the other team if the player is correct. If the player is correct, he/she puts an "X" or an "O" on the Tic-Tac-Toe grid and play passes to the other team. If the player makes a mistake no "X" or "O" is put on the grid and play passes to the other team.
- 2. Practice Reading:** Give each player a prayer sheet. Use a regular deck of playing cards with only the card suits from Ace to 10. Shuffle the cards and deal them to the students. Each student reads the line indicated by the number and suit on the playing card in the order the prayer is written. Ex. Start with hearts and the student with Ace of hearts reads line 1. Student with 2 of hearts reads line 2, etc. Then use the spade suit to continue reading the prayer again.
- 3. I Spy:** This is a good activity for reviewing a prayer and its contents. Give each student the prayer sheet. Start off by saying "I spy ___ ex. a male ancestor (אָב) that begins with an aleph." Call on a student who has an answer. If the answer is correct then that student can say "I spy ___" and he/she can call on another student to give the answer. The first time you play "I Spy", the teacher should do all the "I spy ___" questions so the students can see what you want them to do.
- 4. Speed Reading:** Have the class go around the room and have each student read a line of the prayer. Time the class to see how long it takes them to complete the whole prayer. Start the prayer with another student and time the class again. (The students will each be reading a different line.) Wait a week and time the students again to see if their class speed has improved.

אבות ואמהות (Liberal Version)

(First prayer of the עמידה)

אֲדַנִּי, שִׁפְתַי תִּפְתַּח, וּפִי יִגַּד תְּהִלָּתְךָ. (Beginning of Amidah)

- 1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
- 2 אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.
- 3 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רַחֵל.
- 4 הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן.
- 5 גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
- 6 וְזוֹכֵר חֲסֵדֵי אֲבוֹת וְאִמָּהוֹת,
- 7 וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם,
- 8 לְמַעַן שְׁמוֹ, בְּאַהֲבָה.
- 9 מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
- 10 בְּרוּךְ אַתָּה, יְיָ, מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה.

אָבוֹת וְאִמּוֹת
(1st prayer of the עֲמִידָה)

1. The first blessing of the עֲמִידָה is called (Hebrew)_____.

2. When a word ends in **וֹת** the the word is plural. If **אָב** means “father” then **אָבוֹת** means _____.

Write the line number and Hebrew word or variation of the word **אָב** found in this prayer.

Line # _____

Line # _____

3. Write the English and Hebrew names of our forefathers (male ancestors).

English Name

Hebrew Name

4. **אִמָּא** means “mother” and **אִמּוֹת** means _____. Write the line number and Hebrew word or variation of the word **אִמָּא** found in this prayer.

Line # _____

Line # _____

5. Write the English and Hebrew names of the Mothers of Israel (ancestors).

English Name

Hebrew Name

אבות ואמהות

(1st prayer of the עמידה)

6. Write the name of the אב who is mentioned twice in the אבות ואמהות.

English _____ Hebrew _____

7. Write the name of the אמה who is mentioned twice in the אבות ואמהות.

English _____ Hebrew _____

8. נו means "our" or "us". What does אבותינו mean? _____

9. What does אמותינו mean? _____

10. The name of God is written in many different ways:

אֱלֹהֵי אֱלֹהִים אֵל יְהוָה יי

Write the three names of God found in the אבות ואמהות.

11. Write the English meaning of the Hebrew letters and vowels when they are connected to the beginning or end of words in the אבות ואמהות.

וּ _____ נו _____ ו _____ ה _____ ו _____ כּ _____

אָבוֹת וְאִמְהוֹת
(1st prayer of the עֲמִידָה)

12. Which two words in the **אָבוֹת וְאִמְהוֹת** are pronounced **אֲדֹנָי** but are not spelled like **אֲדֹנָי**? Line # _____ Line # _____

13. Write four Hebrew words and their line numbers that are used to describe God in the **אָבוֹת וְאִמְהוֹת**.

THE GREAT _____ Line # _____ THE MIGHTY _____ Line # _____
AND THE AWESOME _____ Line # _____ HIGHEST _____ Line # _____

14. Write the four Hebrew words that tell the four roles that God plays in the lives of God's people.

HELPER _____ Line # _____ KING _____ Line # _____
SAVIOR/REDEEMER _____ Line # _____ SHIELD _____ Line # _____

15. The **אָבוֹת וְאִמְהוֹת** refers to God as "savior and shield". Give an example of when God saved the Jewish people. _____

16. What three Hebrew words are used to begin a blessing?

What two lines do you find these words? Line # _____ and Line # _____

17. Write the English and Hebrew names of the two **אָבוֹת** who are only mentioned once in the **אָבוֹת וְאִמְהוֹת**.

1 (Eng) _____ (Heb) _____

2 (Eng) _____ (Heb) _____

18. Name the **אָב** who was married to two women in the prayer? (Heb) _____

18. Who were the two women he married? (Heb) _____ and (Heb) _____