

Prayer for *Parnassah*/Livelihood

It is You alone, Ado-nai –
You, who made the heavens, the most exalted heavens,
the earth and everything that is upon it,
the seas and all that is in them,
and You give them all life. (*Nehemiah 9:6*)
It is You who performed miracles and great wonders, continually, for our ancestors.
And in the wilderness You showered them with food from heaven (*Exodus 16:4*),
from the flinty rock You drew out water for them (*Deuteronomy 8:15*),
You provided them all their needs, their clothing not wearing out (*Deut. 8:4*).
So, dear God, in Your abundant mercy and great *hessed*/lovingkindness,
nourish us, sustain us, and support us;
Supply all our needs and the great needs of all Your people, the House of Israel,
and those of all our society and humankind,
with fullness and relief, without travail or overwhelming labor,
out of Your Pure Hand, and not from under mortal hands.

May it be Your will, Ado-nai my God and the God of my ancestors,
that You prepare for me and for the members of my household all that we may lack,
and make ready all our needs,
every single day of our lives,
according to our needs –
every single hour of our hours – an adequate supply;
and for every bone of our bones sufficient nourishment,
in accordance with Your Good and Generous Hand,
not according to the limits of our own accomplishments,
or the shortness of our own *hessed*/lovingkindness,
or the reduction of our own generosity and munificence.
May my nourishment and the nourishment of my household,
of my offspring and the children of my offspring,
be committed to Your Hand, and not subject to mortal hands.

This prayer appears in different forms in traditional prayer books, often at, or after, the conclusion of weekday morning prayer services. (It is not considered proper to recite this type of petitionary prayer on the Shabbat or festivals.)

Please note that if certain ideas or idioms seem inappropriate to you, you are encouraged to rewrite the prayer so that it is more in consonance with your personal theology, particular needs, etc.

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Traditio/Parnassah Traditional Weekday Prayer