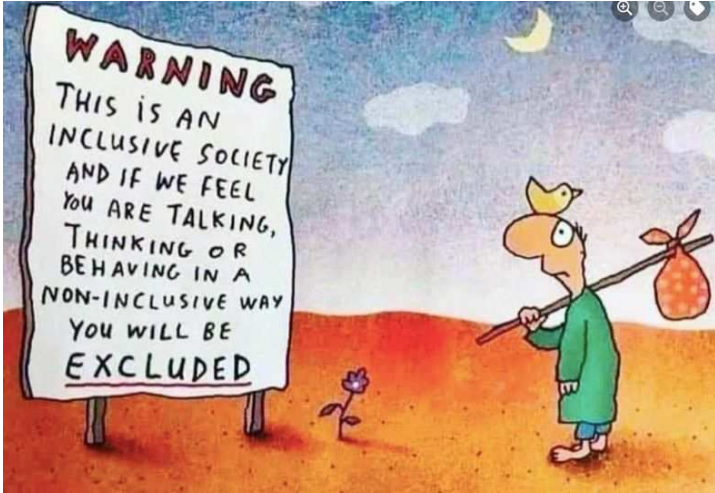
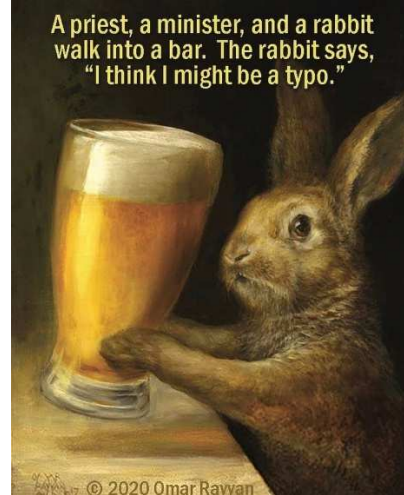


August 27, 2022

Avinu Malkenu, Our Father Our King אָבִינוּ מַלְכֵנוּ



[From Bob Mendelsohn]



[From Rukhel Fields]

A blue banner for the "Day of Discovery" event. On the left, a large white letter "J" is partially visible. Below it, the text "Jewish Community Center of Greater Kansas City" is written. In the center, a white Star of David contains the year "2022" and five circular portraits of people. To the right, the text "Day of DISCOVERY" is written in a mix of script and bold sans-serif fonts. Below that, it says "EXPLORE THE JOY OF JEWISH LEARNING IN KANSAS CITY" and "SUNDAY, AUGUST 21, 2022".

[<https://www.thejkc.org/jewish-experiences/day-of-discovery/>]

SESSION I - 9:30-10:45 a.m.

Modeh Ani Embodied: yoga

I love the Modeh Ani prayer, Nefesh Mountain and other renditions.

OK. Not endorsing, but I know at least two people who do yoga and are VERY scrupulous to say no Hindu mantras, or even face the image that is in the room. We just did stretching, balance, etc.

SESSION II - 11 a.m.-12:15 p.m.

Spiritual Preparation for the High Holy Days

- Rabbi Beryl Padorr, Associate Rabbi, Congregation Beth Shalom, Overland Park
- Rabbi Linda Steigman, Temple Adath Joseph, St. Joseph, MO

"If I were to ask you, What are the three sounds of these Holy Days," you would probably tell me?

- "The blasts of the Shofar
- The chanting of the Kol Nidre
- The Avinu Malkeinu." אָבִינוּ מַלְכֵנוּ

[That resonated in my spirit as the Ruakh download for today.

Note transliteration varies.]



1. Context and history
2. Praying it, selected verses
3. Applications and implications

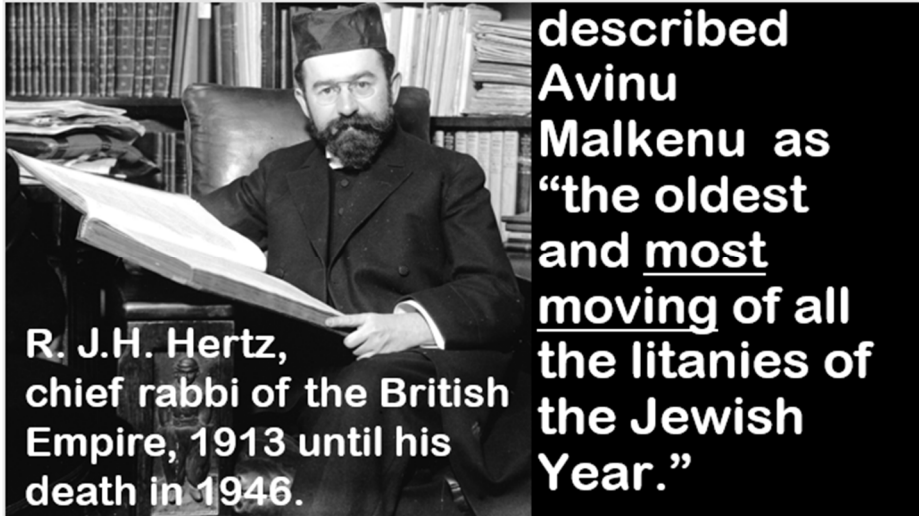
Avinu Malkenu אָבִינוּ מַלְכֵנוּ

1. **Context and history (to Yeshua)**
2. Praying it, selected verses
3. Applications and implications

Avinu Malkenu אָבִינוּ מַלְכֵנוּ

Our Father our King

Two opposite yet complementary attributes of G-d.
Loving Father, Just Ruler



[Pulpit Humash / Bible: Torah and Haftorah and commentary of my youth
https://en.wikipedia.org/wiki/Avinu_Malkeinu]

Last Shabbat on The Father's Love,
and the epidemic of fatherlessness.

[<https://actors.bible/about>
<https://www.youtube.com/watch?v=Ob-kLBNzVSY>
<https://youtu.be/Ob-kLBNzVSY>]

One couple already signed up!!
Build on that: G-d is our Father and our King, in Messiah!



Our Father

Yeshyahu /Is 63:16

You are our Father—even if Abraham would not know us or Israel not recognize us.

You, Adoni, are our Father, our Redeemer— from everlasting is Your Name.

Father



1. a male human parent

2. a person who establishes a whole new field of endeavor: Sir Isaac Newton is regarded by many as the father of modern science

Father



3. Synonyms for father: author, begetter, creator, establisher, founder, founding father, generator, inaugurator, initiator, instituter (or institutor), originator, sire, **encourager, galvanizer, inspiration, inspirer**

[<https://www.merriam-webster.com/thesaurus/father> Many of us don't have this in our kishkas. Trying to build.]

“Our King”

Yeshayahu / Is 33:22

For Adoni is our judge, Adoni is our lawgiver,

Adoni is our king. He will save us.

King מֶלֶךְ

A person who embodies the supreme power in a monarchical regime. He is usually crowned for life, and his rule is usually inherited.

There is a midrash that says that the world is balanced between absolute compassion and rigorous justice.

[Messiah Yeshua, in His coming, death, resurrection, and Aliyah/ascent brought BOTH]

History:

- began as a simple folk prayer
- 2nd century the Talmud records Rabbi Akiva (died 135 CE) reciting two verses, each beginning “Our Father, Our King”
- The prayer book of Amram Gaon (9th C) had 25 verses
- Mahzor Vitry (early 12th C France) has more than 40 verses

High Holiday Prayer book = Makhzor chorus:

Each line of the prayer begins with the words "Avinu Malkeinu" ["Our Father, Our King"] and is then followed by varying phrases, mostly supplicatory.

[https://en.wikipedia.org/wiki/Avinu_Malkeinu]

אָבִינוּ מַלְכֵנוּ! אָבִינוּ מַלְכֵנוּ!

A-vee-noo mal-kay-noo!

Our Father and our King 2x

אָבִינוּ מַלְכֵנוּ! חֲנֻנוּ וְעַנְנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,

A-vee-noo mal-kay-noo! Kha-nay-noo-va-ah-nay-noo,
kee ayn ba-noo ma-a-seem.

Our father, Our King,

be merciful to us, and answer us

For we have no deeds [to commend us.]

[Here is the opposite of salvation by works. We have no deeds. So essential to the thrust of G-dliness, focused in this season. "I'm right, and violated"]

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד
A-say ee-ma-noo
tz'da-ka va-khe-sed

Make us righteous and loving,

[Make us...implies we need divine intervention. We can "white knuckle" our righteousness, a friend wrote, and sometimes have to. But ultimately, it's Ruakh intervention. That is where the Yeshua dimension of our faith is central, foundational.]

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנו.
A-say ee-ma-nu tz'da-ka
va-khe-sed, v'ho-shee-ay-nu.

Make us righteous and loving,
and save us!

Our Father and our King, be merciful to us,
and answer us,
for we have no deeds
to commend us.
Make us righteous and loving,
and save us!

Similar in concept to Shaul/Paul's statement and prayer for continued growth, purification in Messiah.

Phil. 3.12-14 Not that I have already obtained this or been perfected, but I press on if only I might take hold of that for which Messiah Yeshua took hold of me. Brothers and sisters, I do not consider myself as having taken hold of this. But this one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal for the reward of the upward calling of God in Messiah Yeshua.

Phil 3.7-9 But whatever things were gain to me, these I have considered as loss for the sake of the Messiah. More than that, I consider all things to be loss in comparison to the surpassing value of the knowledge of Messiah Yeshua my Lord. Because of Him I have suffered the loss of all things; and I consider them garbage in order that I might gain Messiah and be found in Him.

אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: On a public fast day (except on the Fast of Gedaliah): Between Ruah's Esharun and Yom Kippur:	אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:	אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ: אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ: אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה: אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
---	---	---

אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ:
אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה:
אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ:
אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה:
אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ:
אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה:
אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ:
אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה:
אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:
אָבִינוּ מַלְכֵנוּ חֲסָדֵנוּ לְפָנֶיךָ:
אָבִינוּ מַלְכֵנוּ אֵין לָנוּ מַלְךְ אֵלָּא אַתָּה:
אָבִינוּ מַלְכֵנוּ עֲשֵׂה עִמָּנוּ לְמַעַן שְׂמֹךְ:

[https://www.chabad.org/library/article_cdo/aid/4491743/jewish/Avinu-Malkeinu-HebrewEnglish-Text.htm#AvinuMalkeinu]



1. Context and history
2. **Praying it, selected verses**
3. Applications and implications

WE ARE SAYING THIS PRAYER TO YESHUA, FATHER AND KING!

Yeshayahu/ Is. 9.6 **For a child is born to us, a son is given to us; dominion will rest on his shoulders, and he will be given the name *Pele-Yo'etz El Gibbor Avi-'Ad Sar-Shalom* Wonder of a Counselor, Mighty God, **Father of Eternity**, Prince of Peace. [To Yeshua]**

- Our Father, our King, we have sinned before You.
- Our Father, our King, we have no King but You.
- Our Father, our King, act [benevolently] with us for the sake of Your Name.
- Our Father, our King, remove from us all harsh decrees.
- Our Father, our King, annul the intentions of our enemies.
- Our Father, our King, foil the plans of our foes.
- Our Father, our King, wipe out every oppressor and adversary from against us.
- Our Father, our King, close the mouths of our adversaries and accusers.
- Our Father, our King, remove pestilence, sword, famine, captivity, and destruction from the members of Your covenant.
- Our Father, our King, erase in Your abounding mercies all the records of our debts [sins].
- Our Father, our King, bring us back to You in wholehearted repentance.
- Our Father, our King, send a complete healing to the sick of Your people.
- Our Father, our King, remember us for redemption and deliverance.
- Our Father, our King, remember us for livelihood and sustenance.
- Our Father, our King, remember us for pardon and forgiveness
- Our Father, our King, cause deliverance to flourish for us soon.
- Our Father, our King, exalt the glory of Israel Your people.
- Our Father, our King, exalt the glory of Your anointed one.
- Our Father, our King, accept our prayer with mercy and with favor.
- Our Father, our King, open the gates of heaven to our prayer.
- Our Father, our King, let it be remembered that we are but dust.
- Our Father, our King, we beseech You, do not turn us away from You empty-handed.
- Our Father, our King, have compassion upon us, and upon our infants and children.
- Our Father, our King, do it for Your sake, and deliver us.
- Our Father, our King, do it for the sake of Your abounding mercies.
- Our Father, our King, do it for the sake of Your great, mighty and awesome Name which is proclaimed over us.
- Our Father, our King, withhold the plague from Your inheritance.
- Our Father, our King, pardon and forgive all our iniquities.
- Our Father, our King, blot out and remove our transgressions from before Your eyes.

[https://www.chabad.org/library/article_cdo/aid/4491743/jewish/Avinu-Malkeinu-HebrewEnglish-Text.htm#AvinuMalkeinu]



1. Context and history
2. Praying it, selected verses
3. **Applications and implications**

2 Cor 12.14-15

Look, I am ready this third time to come and visit you; and I will not be a burden to you; for it is not what you own that I want, but you! Children are not supposed to save up for their parents, but parents for their children. And as for me, I will most gladly spend everything I have and be spent myself too for your sakes. If I love you more, am I to be loved less?

1 Thes 2:11-12

For you know that we **treated each one of you the way a father treats his children** — we encouraged you and comforted you and appealed to you to lead lives worthy of God, who calls you into his Kingdom and glory.

Mk 13.12-13

Brother will betray brother to death, and a father his child. And children will rise up against parents and have them put to death. And you will be hated by all because of My name, but the one who endures to the end will be saved.

Mishlei/Prov 13.1

A son who heeds his father's discipline is wise, but a scoffer doesn't listen to rebuke.

Mishlei/Prov 13.24

He who fails to use a stick hates his son, but he who loves him is careful to discipline him.

Janowski version made famous by Barbra Streisand, selected verses from above:

אָבִינוּ מַלְכֵנוּ

Aveenu Malkaynu

(Our Father, Our King)

Holy Day Version

Max Janowski rendition of a prayer in the Makhzor

Used by permission, CCLI license #2412213

אָבִינוּ מַלְכֵנוּ

שְׁמַע קוֹלֵנוּ

Ah-vee-nu Mal-kay-nu

Sh'ma Ko-lay-nu

[Our Father, Our King

Listen to our voice]

אָבִינוּ מַלְכֵנוּ

חָטְאָנוּ לְפָנֶיךָ

Ah-vee-nu Mal-kay-nu

Kha-ta-nu l'fa-ney-kha

[Our Father, Our King

We have sinned against You]

אָבִינוּ מַלְכֵנוּ

Ah-vee-nu Mal-kay-nu

[Our Father, Our King]

חֲמוֹל עָלֵינוּ וְעַל עוֹלָלֵנוּ וְטַפְּנוּ
Kha-mol a-lay-nu v'al
o-la-lay-nu v'ta-pay-nu
*[Have compassion on us
and on our babies and our children]*

אָבִינוּ מַלְכֵנוּ
Ah-vee-nu Mal-kay-nu
[Our Father, Our King]

כִּלֵּה דָבָר וְחָרֵב וְרָעַב מֵעַלֵינוּ
Kah-lay deh-ver v'kheh-rev v'rah-av may-ah-lay-nu
[Make an end to sickness, and war (sword) and famine upon us]

אָבִינוּ מַלְכֵנוּ
Ah-vee-nu Mal-kay-nu
[Our Father, Our King]

כִּלֵּה כָּל צָר וּמַשְׁטֵיִן מֵעַלֵינוּ
Kah-lay kawl tsar
oo-mas-teen may-ah-lay-nu
[Make an end to all oppression and Satanic accusation from upon us]

[Selah] סְלָה

אָבִינוּ מַלְכֵנוּ
אָבִינוּ מַלְכֵנוּ
Ah-vee-nu Mal-kay-nu
Ah-vee-nu Mal-kay-nu
*[Our Father, Our King
Our Father, Our King]*

כְּתֹבנוּ בְּסֵפֶר חַיִּים טוֹבִים
Kaht-vay-nu b'say-fehr khi-yeem to-veem
[Inscribe us in the Book of Life for good]

אָבִינוּ מַלְכֵנוּ
Ah-vee-nu Mal-kay-nu
[Our Father, Our King]

חֲדָשׁ עָלֵינוּ
חֲדָשׁ עָלֵינוּ שָׁנָה טוֹבָה.
Kha-daysh a-lay-nu
Kha-daysh a-lay-nu
Sha-nah to-vah

[Renew us, renew us for a good year]

[Selah] סְלָה

אָבִינוּ מַלְכֵנוּ

Ah-vee-nu Mal-kay-nu
[Our Father, Our King]

חַדָּשׁ עָלֵינוּ חַדָּשׁ עָלֵינוּ
שָׁנָה טוֹבָה.

Kha-daysh a-lay-nu
Kha-daysh a-lay-nu
Sha-nah to-vah

[Renew us, renew us for a good year]

אָבִינוּ מַלְכֵנוּ

Ah-vee-nu Mal-kay-nu
[Our Father, Our King]

שְׁמַע קוֹלֵנוּ שְׁמַע קוֹלֵנוּ
שְׁמַע קוֹלֵנוּ

Sh'ma Ko-lay-nu, Sh'ma Ko-lay-nu,
Sh'ma Ko-lay-nu

[Hear our voice, Hear our voice, Hear our voice]

כְּתִבְנוּ בְּסֵפֶר חַיִּים טוֹבִים

Kaht-vay-nu b'say-fehr khi-yeem to-veem
[Inscribe us in the Book of Life for good]

In Rabbinic theology, The Book of Life, סֵפֶר הַחַיִּים, *Sefer HaKhaim*, is the book in which God records the names of every person who is destined for Heaven and the World to Come. According to the Talmud it is open on Rosh Hashanah, as is its analog for the wicked, the Book of the Dead.
[https://en.wikipedia.org/wiki/Book_of_Life]

Babylonian Talmud, Rosh Hashana 16b On Rosh Hashana, three books are opened [in Heaven] – one for the thoroughly wicked, one for the thoroughly righteous, and one for those in-between. The thoroughly righteous are immediately inscribed clearly in the Book of Life. The thoroughly wicked are immediately inscribed clearly in the Book of Death. The fate of those in-between is postponed from Rosh Hashana until Yom Kippur, at which time those who are deserving are then inscribed in the Book of Life, those who are undeserving are then inscribed in the Book of Death.

[This idea of special repentance and accountability between Rosh HaShannah and Yom Kippur is a good emphasis, but NOT a scriptural, biblical mandate.

https://en.wikipedia.org/wiki/Unetanneh_Tokef

Eph.6.11-17 **Put on the full armor of God, so that you are able to stand against the schemes of the devil.** For our struggle is not against flesh and blood, but against the rulers, against the powers, against the worldly forces of this darkness, and against the spiritual forces of wickedness in the heavenly places.

Eph.6.11-17 Therefore, take up the full armor of God, so that you may be able to resist when the times are evil, and after you have done everything, to stand firm. **Stand firm then! Buckle the belt of truth around your waist,** and put on the breastplate of righteousness.

Eph.6.11-17 Strap up your feet in readiness with the Good News of shalom. **Above all, take up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.** And take the helmet of salvation and the sword of the Spirit, which is the word of God.

Put on the full armor of God, so that you are able to stand against the schemes of the devil... Stand firm then! Stand firm then! Buckle the belt of truth around your waist... **take up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one**



Shaunti Feldhan: Boarding the airplane back was very different. I rolled my heavy suitcase on and struggled to lift it up high enough to get it into the bin. I could see four men in nearby rows watching my efforts—yet none of them said anything. But here’s the thing: I could tell each of them wanted to.

Out of the corner of my eyes, I could see their reactions. Each individual guy was struggling to not jump up. To not say, “Can I help you?” I could feel their conflict. One in particular—a thirty-something guy dressed in business casual—looked very torn. He literally had his hands on his arm rests, as if he wanted to push himself to his feet. But he didn’t.

I gave up momentarily, put the suitcase down heavily, and rubbed my shoulder. I was saved by a young college guy coming down the aisle after me. He was wearing a Wake Forest University sweatshirt and was probably 18 years old—too young to have the concerns the other men did. [<https://www.patheos.com/blogs/askshaunti/>]

אָבִינוּ מַלְכֵנוּ

A-vee-noo mal-kay-noo

אָבִינוּ מַלְכֵנוּ! אָבִינוּ מַלְכֵנוּ!

A-vee-noo mal-kay-noo!

Our Father and our King 2x

אָבִינוּ מַלְכֵנוּ

A-vee-noo mal-kay-noo

אָבִינוּ מַלְכֵנוּ! חַנּוּנוּ וְעֲנָנוּ, כִּי אֵין בָּנוּ מַעֲשִׂים,

A-vee-noo mal-kay-noo! Kha-nay-noo-va-ah-nay-noo,

kee ayn ba-noo ma-a-seem.

Our father, Our King,

be merciful to us, and answer us

For we have no deeds [to commend us.]

[Here is the opposite of salvation by works. We have no deeds.

So essential to the thrust of G-dliness, focused in this season.

“I’m right, and violated”]

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד

A-say ee-ma-noo

tz'da-ka va-khe-sed.

Make us righteous and loving,

[Make us...implies we need divine intervention. We can "white knuckle" our righteousness, a friend wrote, and sometimes have to. But ultimately, it's Ruakh intervention. That is where the Yeshua dimension of our faith is central, foundational.]

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

A-say ee-ma-nu tz'da-ka

va-khe-sed, v'ho-shee-ay-nu.

Make us righteous and loving,

and save us!

Our Father and our King, be merciful to us,

and answer us,

for we have no deeds

to commend us.

Make us righteous and loving,

and save us!

1. Do you KNOW Yeshua and the Father with assurance of sins forgiven?
2. Are you hearing daily from His Word?
3. How are you applying what you heard?
4. Are you asking this of another?