

*Prayer for Teshuva to be inserted in the 5th blessing of the Amidah*

*When thinking of yourself or another individual:*

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱ-לֹהֵינוּ וְאֱ-לֹהֵי אֲבוֹתֵינוּ שֶׁתְּחַתֵּר חֲתִירָה מִתַּחַת  
כַּסֵּא כְבוֹדְךָ וְקַבֵּל בְּתִשׁוּבָה אֶת (פלוני בן\בת פלוני) כִּי יִמִּינְךָ פְּשׁוּטָה לְקַבֵּל שׁוֹבִים.

May it be Your will, Hashem, our God and God of our forefathers, that you bore a hole from under Your seat of glory and You receive in repentance (\_\_\_\_\_ son/daughter of \_\_\_\_\_) for Your right hand is outstretched to receive those who return.

*When thinking of all of the Jewish people who need to repent:*

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱ-לֹהֵינוּ וְאֱ-לֹהֵי אֲבוֹתֵינוּ שֶׁתְּחַתֵּר חֲתִירָה מִתַּחַת  
כַּסֵּא כְבוֹדְךָ וְקַבֵּל בְּתִשׁוּבָה אֶת כָּל בְּנֶיךָ בְּנֵי בְּחֻנֵּיךָ בְּנֵי אֲבֹתֵינוּ וְיַעֲקֹב,  
וְכָפָרְט אֶת (פלוני בן\בת פלוני) כִּי יִמִּינְךָ פְּשׁוּטָה לְקַבֵּל שׁוֹבִים.

May it be Your will, Hashem, our God and God of our forefathers, that you bore a hole from under Your seat of glory and You receive in repentance all of Your children, the children of Your tested ones, the children of Abraham, Isaac and Jacob and, in particular (\_\_\_\_\_ son/daughter of \_\_\_\_\_) for Your right hand is outstretched to receive those who return.