Recite the Shema

The Shema Prayer

אָדוֹןָה יְיִשְׂרָאֵל אֱלֹהֵינוּ הַכּל-לָבֶּבךָ
Hear, O Israel, the LORD is our God, the LORD is one.

שָמַעְתָּ֔ו אָדֹוןָה יִשְׂרָאֵל בְּכָל-לָבֶּבְךָ
And you shall love the LORD your God with all your heart and with all your soul and with all your strength.

וְנַעֲשֶׂ֖ה נְשׁוֹנֵ֑י הָעָלְמֹתֵ֖י יִשְׂרָאֵל
And you shall teach them to your sons and you shall speak of them when you sit in your house and in your walking in the way and in your lying down and in your rising up.

וְתֵבַעֲשֶׂ֖ה לְפֵרָ֑קָתֵי יִשְׂרָאֵל
And you shall bind them for a sign on your hand and they will be for frontlets between your eyes.

וְתֵבַעֲשֶׂ֖ה לָחְצֵ֑י דָּוֵ֖רָהּ וְלָפְסֵמָ֑תָה בֵּין הֵ֖עֵינִים
And you shall write them upon the doorposts (of) your house and on your gates.