

V'AHAVTA et Adonai Elohecha,  
 b'chol l'avcha uv'chol nafsh'cha uv'chol  
 m'odecha. V'hayu had'varim ha-eileh  
 asher anochi m'tzav'cha hayom al  
 l'avvecha. V'shinantam l'vanecha v'dibarta  
 bam b'shivt'cha b'veitecha uv'lecht'cha  
 vaderech uv'shochb'cha uv'kumecha.  
 Uk'shartam l'ot al yadecha v'hayu  
 l'totafot bein einecha. Uch'tavtam  
 al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru, vaasitem et  
 kol mitzvotai vih'yitem k'doshim  
 l'Eloheichem. Ani Adonai Eloheichem,  
 asher hotzeiti et-chem mei-eretz  
 Mitzrayim lih'yot lachem l'Elohim  
 ani Adonai Eloheichem.

YOU SHALL LOVE Adonai your God with all your heart,  
 with all your soul, and with all your might.  
 Take to heart these instructions with which I charge you this day.  
 Impress them upon your children.  
 Recite them when you stay at home and when you are away,  
 when you lie down and when you get up.  
 Bind them as a sign on your hand and let them serve as a symbol on your forehead;  
 inscribe them on the doorposts of your house and on your gates.  
 Thus you shall remember to observe all My commandments  
 and to be holy to your God.  
 I am Adonai, your God, who brought you out of the land of Egypt to be your God:  
 I am Adonai your God.

וְאֶלֶּהֶיְכֶם אֱמֶת.  
 Adonai Eloheichem EMET.

For those who choose: At the end of the שמע *Sh'ma*, after the words וְאֶלֶּהֶיְכֶם Adonai  
 Eloheichem, the word אֱמֶת *emet* ("true") is added as an immediate affirmation of its truth.

וְאֶהְבֶּתָּ *V'ahavta* . . . You shall love . . . Deuteronomy 6:5-9

לִמְעַן תִּזְכְּרוּ *L'maan tizk'ru* . . . Thus you shall remember . . . Numbers 15:40-41

וְאֶהְבֶּתָּ אֶת יְיָ אֱלֹהֶיךָ  
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-  
 מְאֹדֶךָ; וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
 אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-  
 לִבְבְּךָ; וְשָׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ  
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִקְחֶתְךָ  
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמֶךָ;  
 וְקִשְׂרָתָם לְאוֹת עַל-יָדֶיךָ וְהָיוּ  
 לְטֹטְפֹת בֵּין עֵינֶיךָ; וּכְתַבְתָּם  
 עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ;

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-  
 כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים  
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם  
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
 מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים  
 אֲנִי יְיָ אֱלֹהֵיכֶם;

בְּרַכּוּ  
 מְעַרְיב עַרְבִים  
 אֶהְבֶּת עוֹלָם  
 שְׁמַע  
 וְאֶהְבֶּתָּ  
 לְמַעַן תִּזְכְּרוּ  
 אֱמֶת וְאֶמּוּנָה  
 מִי-כְמִנְחָה  
 הַשְׂפִּיבְנוּ  
 וְשָׁמְרוּ