

## **Suggested List of Personal Prayers for Men on Rosh Hashana**

As we know the Many Great Tzadikim used to ask for many personal prayers on Rosh Hashanah and encouraged others to do so as well. The power that a Jew has on Rosh Hashanah to ask for personal prayers is unfathomable. Personal prayers are the greatest sign of our personal connection with Hashem and us knowing that everything is in his hands. There is no greater joy to a father when he can give to his child. However, the father wants the child to ask so that this will build the connection and bonding between the parent and child. How much more so between us and Hashem Yitbarach- our loving father who wants our connection with him. Also, as we know Rosh Hashanah is the inauguration of Hashem as our king. When we come and ask Hashem for all our life needs, we are showing that we are completely in his hands because he is the king and governs everything. At the same time we are asking Hashem to give us all these needs so that we can serve him with joy and happiness and live our life the way he wants us to live our lives, which is the greatest inauguration of Hashem as our king. This list is meant to help you keep focused on what to pray for, and it is also to open your heart, not to just copy what's written, but to be an eye opener.

**These prayers should be said after the second יהיו לרצון אמרי פי before taking 3 steps back. When you finish your prayers, say the passuk of יהיו לרצון again.**

### **To say before every beginning of personal prayers**

Avinu our beloved Father and Malkenu our beloved King as I come to you to ask for my needs on this Rosh Hashanah I want to first thank you Hashem for everything you have given me this past year this includes.....(add anything you wish to thank for). at the same time I am not asking these things from you Hashem because I feel I am deserving rather I am asking you all these things out of your endless mercy and endless kindness please Hashem help me .....

### Arbit of Rosh Hashana

#### **Prayer for health**

1. Staying healthy
2. I should be saved from sicknesses
3. I should be saved from bad occurrences
4. My parents and grandparents and all family and siblings should all be healthy and stay healthy
5. I should lose weight/gain weight (where applicable).
6. I should be careful to take all my medicines during the year
7. I should watch what I eat
8. Please Hashem give .....ben\bat..... health\refuah Shelama and they should be healthy physically and emotionally.

#### **Prayer for growth in Torah**

1. Please help me that the Torah should be sweet and enjoyable
2. Help me to want to learn
3. Help me to want to keep the Torah
4. Please help me to love every word of the Torah
5. Please help me to understand it and remember what I learn and not to feel lost
6. Please help me to have good friends who will inspire me and affect me for the good
7. Please help me to have good chavrutot during the year
8. Please help me to have a good shiur and to understand the shiur and not to give up on understanding it
9. Please help me to learn all the halachot that I need to know

10. During the summers or when I am on vacation, please help me to be around kosher surroundings
11. and not to be affected for the bad
12. Please Hashem give .....ben\bat..... everything they need to keep the torah and distance from them anything is disturbing from a healthy torah lifestyle.

## Shaharit of Rosh Hashana

### **Prayer for healthy eyes**

1. Please help me not to fall into bad things
2. Please help me not to fall into bad pictures/internet
3. Help me overcome my yetzer harah and wrong temptations
4. Help me watch my eyes when I walk in the street
5. Please help me from past girl friends
6. Help me at nights when I am going to sleep to sleep comfortably without bad thoughts
7. Help me to find at the right time a good wife that i should build a bayit neeman with her
8. Help me to have good children
9. Please Hashem give .....ben\bat..... a year of healthy and prosperous relationships and please distance all evil temptations and wrong people from them.

### **Shalom Bayit (where applicable)**

1. Please help me live in happiness and harmony with my spouse
2. Please help me to truly see only the good of my spouse and that my spouse should only see my good
3. If I see any negativity, please don't let me exaggerate on it and give me the wisdom to see how to work with it and where this negativity is also for my good
4. Please Hashem help me to always speak softly to my spouse
5. Please Hashem help me to truly grow in Shalom Bayit
6. Please Hashem help me to really feel my spouse is part of me and to truly care and do Hesed with my spouse
7. Please Hashem give me everything i need physically emotionally and spiritually for a happy marriage
8. Please Hashem give .....ben\bat..... a year of true Shalom Bayit with their spouse and they should be zocheh to have simha and harmony with all their family at all times.

### **Mornings**

1. Please help me to get up in the morning on time
2. Please help me to go to sleep at night on time
3. Please help me to get out of the bed
4. Please help me to be nice in the mornings and not to be grouchy and mean
5. Please help me to be happy and joyous and look forward to my day
6. Please help me to always have a positive attitude on every day and life
7. Please Hashem give .....ben\bat..... a year of strength positivity and success in all areas of the morning.

## Musaf on Rosh Hashana

### **Middot and proper influences**

1. Please protect me during the year and especially the summer from all wrong influences
2. Please help me to be in a surrounding of good friends

3. Help me to be able to keep connection to Torah and Judaism even when i am back home
4. Please help my nights to be easy and healthy
5. Please help me to have good middot
6. Please help me not to get angry and to know that all is from you out of you're unfathomable love and all is for my best
7. Please help me to be patient when people speak to me
8. Please help me not to speak or hear lashon hara
9. Please help me to enjoy helping and to be excited over Hessed
10. Please help me not to be lazy rather active and happy
11. Please Hashem give .....ben\bat..... a year of success and growth in all middot and traits and they should be able to truly overcome any wrong traits and trials and be able to always do good and what is correct.

**Hinuch Banim (raising children)**

1. Please Hashem give me the simha and love for every child
2. Please Hashem let me see the good in every child and to only help my child bring out their greatness and not to harm or discourage their greatness
3. Please Hashem help me be completely patient with my children and to truly listen to them
4. Please Hashem give me everything i need to be able to give my kids all the things they need to grow properly
5. Please Hashem help me live a real and honest life and to be honest with my kids so that he should live an honest life
6. Please Hashem save my children from bad effects and bad friends and help them always find the right school and right environment for them
7. Please Hashem help me, and my spouse give them the right advice where is needed
8. Please Hashem help me not to be angry where not needed and be proud and encouraging whenever they do good and to apologize when i made a mistake.
9. Please Hashem give .....ben\bat..... this year healthy and happy children and they should merit to raise them well and to have true pride from them all their lives.

**Prayer for the entire Jewish people**

1. Please Hashem help that there should be peace in the world
2. Please help that there should be no wars in any countries, and specifically for the Jews
3. Please let us find favor in the eyes of the people and rulers of any country we live in
4. Please help that there should be peace in the land of Israel and our enemies should not be
5. able to harm us in any way
6. Please send a refuah shelema for all the Jews in the world
7. Please help that there should be no nuclear, chemical, or any bad occurrences in the world
8. Please help us to see the coming of Mashiach very soon
9. Please help all those who need to get marry to find their match
10. Please help all the ones who don't have children to merit children very soon
11. Please bring yeshuvot to everyone who needs one
12. Please bring long life and happiness to all of Am Yisrael
13. Please Hashem give .....ben\bat..... the following salvation ..... and please help them to come out of all difficulties

## Minha on Rosh Hashana

### **Prayer for Chochma (wisdom)**

1. I should be able to focus during my studies
2. I should have understanding in what I learn
3. I should be able to remember and have a good memory
4. I should be smart in Torah
5. I should be able to understand other people and how to help them
6. I should be able to understand myself and how to help myself
7. I should be able to know what decision to make in big or small things in life
8. I should be able to know how to deal with the pluses and minuses of everyone around me
9. Please Hashem give .....ben\bat..... all they need in wisdom, memory, concentration and understanding to be able to succeed in your service and all areas of life

### **Shidduchim**

1. Please Hashem Help me to find my true zivug easily and quickly at the right time this year
2. Please Hashem let me not say no to my zivug for a wrong reason
3. Please Hashem help me find favor in the eyes of my zivug
4. Please Hashem help me to find a spouse that is fitting for me healthy physically and emotionally
5. Please Hashem help me to find a spouse that we can build a good home together with happy healthy children that will be patient, dedicated, and caring that together we will be able to raise our children comfortably out of nachat simha, joy, and patience, and we will raise our children to Torah and Yirat Shamayim and be dancing by our grandchildren's wedding together
6. Please Hashem help me to never doubt that this is my true zivug min hashamyim
7. Please Hashem help .....ben\bat..... find their zivug very soon at the right time this year and they should be zocheh to build a bayit neeman b'israel all throughout all their lives.

### **Prayer for Parnasa**

1. Please help my father and mother and whole family to have a good year of parnasa
2. We should not have any problems with other people
3. Please help our business be successful
4. We should not have an ayin harah on our parnasa
5. Help me in the future to have a good job
6. Help me to have a job that is spiritually healthy for me and it should be a kosher job
7. Help me to know how to deal with people in the business
8. Help me to give my maser and sedaka
9. If it is meant for me to lose any money during the year, please help me give that money to good organizations and not to go for bad things (eg. Medical and other side expenses)
10. Please Hashem give .....ben\bat..... a year of prosperous parnasa without shame, and without doing any forbidden actions, rather only in kavod and to be zocheh to always be on the giving side.

*May Hashem answer all your prayers for a*

**SHANA TOVA UMETOOKAH**

**TIZKU LESHANIM RABOT**

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