

## **Suggested List of Personal Prayers for Women 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 Hashana 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 send a refuah shelema to ..... ben\bat..... with all the sick people of Am Yisrael

#### Prayer for growth in Torah

1. Please help me that the Torah should be sweet and enjoyable
2. Help me to want to keep the Torah
3. Please help me to love every word of the Torah
4. Please help me to understand it and remember what I learn and not to feel lost
5. Please help me to have good friends who will inspire me and affect me for the good
6. Please help me find the correct marriage partner to be able to build a home of Torah together
7. Please help me raise my children in the way of Torah and in Purity
8. Please help me to learn all the halachot that I need to know
9. Please take away anything that disturbs me from having full growth and please bring me everything i need to truly grow this year in torah middot and yirat shamayim.

10. Please help.....ben\bat..... to come back to you Hashem and to keep your torah and mitzvot with all of Am Yisrael

## **Shaharit of Rosh Hashana**

### Prayer for emotionally and spiritually healthy life and marriage

1. Please help me not to fall into bad things
2. Please help me not to fall into bad computer programs and internet
3. Help me overcome my yetzer harah and wrong temptations
4. Help me find a proper marriage partner and help us to be patient, caring devoted and dedicated to each other
5. Help us have healthy children and we should share in their simchot for many healthy years.
6. Help me that i should find my match easily without pain and we should have a healthy engagement period without any mistakes
7. Please help .....ben\bat..... to find their zivug (marriage partner) very soon (at the right time) and to build a bayit neeman b'yisrael in an easy path and they should be happy together all their lives.

### 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 help me pray a proper Shacharit to you every morning without rush or pressure
8. Please help.....ben\bat..... to strengthen in all areas of the morning and to have a good day every day with all of Am Yisrael

### 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 actually 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 help that every Shabbat and holidays should be filled with shalom bayit and simcha in the home and no fighting and the families should be together in harmony.
9. Please help.....ben\bat..... to have a strong and healthy marriage with a true shalom bayit, and your shechina should dwell in their home, and they come back to you hashem and to keep your Torah and mitzvot with all of Am Yisrael

## Musaf of 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 your 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 Hesed
10. Please help me not to be lazy rather active and happy
11. Please help.....ben\bat..... to work on these traits and especially on the trait of ..... with all of Am Yisrael

### Hinuch Banim (raising children)

1. Please Hashem give children to whoever needs children quickly, easily and in health and happiness
2. Please Hashem give me the simhah and love for every child
3. 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
4. Please Hashem help me be completely patient with my children and to truly listen to them
5. Please, Hashem, give me everything i need to be able to give my kids all the things they need to grow properly
6. Please, Hashem, give me all the opportunities to live an honest life and to be honest with my kids so they can grow up honestly
7. Please, Hashem save my kids from bad effects and bad friends.
8. please Hashem give me and my spouse the knowledge to give the right advice where is needed
9. Please, Hashem, help me to always encourage them and not get angry mistakenly.
10. Please help.....ben\bat ..... to have success with their children and they should see real nachat and real happiness from all their children with all of Am Yisrael

### 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 able to harm us in any way
5. Please Hashem protect all our soldiers.
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 bring the following salvation ..... to ..... ben\bat ..... and they should be able to come out of their difficulties with all of Am Yisrael

### **Minha of Rosh Hashana**

#### Prayer for Chochma (wisdom)

1. Please Hashem help me to be able to focus during my studies
2. Please Hashem help me to understand in what I learn
3. Please Hashem help me to be able to remember and have a good memory
4. Please Hashem help me to be able to understand other people and how to help them
5. Please Hashem help me to be able to understand myself and how to help myself
6. Please Hashem help me to be able to know what decision to make in big or small decisions in life
7. Please Hashem help me to be able to know how to deal with the pluses and minuses of everyone around me
8. Please Hashem give to ..... ben\bat ..... any aspect of wisdom that they need to succeed and to serve you well.

#### Marriage--finding your zivug-marriage partner

1. Please Hashem Help me to find my true zivug (marriage partner) 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, simhah, 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 never doubt that this is my Zivug min hashamyim
7. Please Hashem help ..... ben\bat ..... to find their marriage partner very easily, speedily and to build a bayit neeman byisrael

#### 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 help ..... ben\bat ..... to have a good parnasa this year in comfort and not in difficulty, in Beracha without any shame and in a permitted way not through any wrong ways.

*May Hashem answer all your prayers for a*

**SHANA TOVA UMETOOKAH**

**TIZKU LESHANIM RABOT**

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