

A week of blessings

Prayer for the Day

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There are two ways to start the week. The first, the “Monday morning feeling”, views with dread the void of the week ahead. But the other is altogether more positive; it looks forward to new challenges and achievements, while recognising the obstacles to be overcome.

At the end of Shabbat, the Jewish day of rest, some say a mystical prayer which entirely captures this mood: “Master of the Universe, Father of mercy and of supplications, commence for us for peace the six days of work which are approaching, with good omens and good fortune; grant us wisdom and understanding; let us hear joy and gladness; let us not be the object of jealousy, nor feel jealous of others; grant blessing, ease, and success to all the work of our hands.

“Open for us, merciful Father, this week and every week,
the gates of atonement, gates of blessing, gates of charity
gates of contentment, of delight, and of enthusiasm,
gates of gladness, of good tidings, of goodness, and of grace,
gates of health, of honour, and of insight,
gates of joy, of kindness, and of learning,
gates of length of days, of livelihood, and of mercy,
gates of patience, and gates of peace,
gates of redemption, of righteousness, and of salvation,
gates of success, and of sustenance,
gates of tranquility,
gates of understanding, and gates of wisdom.”

May these blessings – and all the blessings of the entire alphabet – favour all our endeavours this week and every week, and may our work in the days ahead truly earn us our rest at the week’s end.