

**Yom Zeh L'Yisra'el –  
Your gift to those who strive with You**

by Rabbi Yitzchak Luria

<http://www.JewishRenewalHasidus.org/Reb-Zalman-Resources>

*This version works best when sung to a Flamenco tune and the English version is done simultaneously with the Hebrew.*

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Your gift  
to those who strive with You  
is joy and light  
Shabbat Menucha

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Certain of Your holy ways  
You revealed to us at Sinai  
Shabbat and other holy days  
we are to keep as You commanded  
You send your healing rays  
accept our human ways  
Shabbat Menuchah

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Charm is Shabbat for the heart  
for the poor and broken people  
if all week we were depressed  
additional souls are ours on Shabbat  
to help our anxious moods  
breathe a relaxing sigh  
Shabbat Menuchah

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Consecrated bride You blessed  
all other days gave her their blessing  
in the sixth and final phase  
You finished global creation  
There found the sorrowing  
calm and security  
Shabbat Menuchah

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Let go of every form of toil  
You in Your kindness have commanded  
regal auras shine from us

when we keep Shabbat as is wanted  
I offer holy gifts  
a fragrant sacrifice  
Shabbat Menuchah

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What songs of love could I perform  
with rhythm and harmony and music  
to please your presence holy God?  
My soul delights in her surrender  
Do keep that promise God  
to your beloved folk  
Shabbat Menuchah

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Receive my worship blessed God  
as if it was my life I offered  
This restful, blissful Shabbat day  
with ample joy and sweet elation  
we feel secure and loved  
in Your protection God  
Shabbat Menuchah

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Your salvation do we trust  
Yah God most powerful and mighty  
David's heirs - do send them soon  
to those who must transcend convention  
Let Freedom be proclaimed  
and with it space that's safe  
Shabbat Menuchah

ט

Awesome God who is most High  
do look for us and give an answer  
Redeem this troubled planet soon  
Be kind and manifest Your caring  
Revive our trust in You  
with light and blissfulness  
Shabbat Menuchah

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Cherish and Renew Your house  
enough the years it was in shambles  
With Your compassion Gentle God  
console the grieving ones in sorrow

who puts her grief aside  
to sing You Shabbat songs  
Shabbat Menuchah

†

Zealous to treasure this holy day  
keep us well in your remembrance  
Protect and guard us wondrous God  
this day and every other day  
Beloved do respond  
and grant deliverance  
Shabbat Menuchah

‡

Could celebration's welcome song  
be heard by Israel and her neighbors  
when that vast vision is fulfilled  
and all the world is safe from terror  
Our light has dawned this day  
and shines in every way  
Shabbat Menuchah