

think that in their verbosity their techinnah will be heard. |8| Therefore, nisht azoi (not so)! Be different, for your Av has daas (knowledge) of what things you have need before you ask Him.

|9| Therefore, when you offer tefillos, daven like this, in this manner: Avinu shbaShomayim (Our Father in heaven), yitkadash shmecha (hallowed be your Name).

|10| Tavo malchutechah (Thy Kingdom come) Ye'aseh rtzonechah (Thy will be done) kmoh vaShomayim ken baaretz (on earth as it is in heaven).

|11| Es lechem chukeinu ten lanu hayom (Give us today our daily bread),

|12| u-slach lanu es chovoteinu kaasher salachnu (and forgive us our debts as we forgive) gam anachnu lachayaveinu (also our debtors).

|13| V'al tvi'einu lidey nisayon (And lead us not into temptation [Mt 26:41]) ki im chaltzeinu min harah (but deliver us from evil). [Ki l'chah hamamlachah (for thine is the Kingdom) vhagvurah (and the power) vhatiferet (and the glory) l'olmei olamim (forever). Omein].

14| For if you give men mechila (pardon, forgiveness) for their chattaim (sins), so also your Av shbaShomayim will give selicha (forgiveness) to you.

|15| But if you do not give men mechila (forgiveness), neither will your chattaim receive selicha from your Av.

|16| And whenever you undergo a tzom (fast), don't be like the sullen tzevuim (hypocrites), for they disfigure their faces to parade their tzom (fast). Omein, truly I say to you, they have received their sachar (reward).

|17| But when you undergo a tzom, anoint your rosh with shemen (oil) and wash your face

|18| so that your tzom is concealed from Bnei Adam but not from your Av Asher b'Seter (Father Who is in Secret). And your Av HaRoeh b'seter (Father the One seeing in secret) will give you sachar.

|19| Do not store up for yourselves otzarot (treasures) on haaretz, where moth and rust destroy and where ganavim (thieves) break in and steal.

|20| But zamlet (collect) for yourselves otzarot (treasures) in Shomayim, where neither moth nor rust destroys, neither do ganavim break in and steal.

|21| For where your otzar (treasure) is, there also will be your lev (heart).

|22| The eye is the menorah of the basar. Therefore, if your eye is unblurred, then your whole basar will be lighted.

|23| But if yours is the ayin horo (evil eye), your whole basar will be in choshech (darkness).

|24| No one is able to serve two adonim (masters). For either he will have sinah (hatred) for the one and ahavah (love) for the other, or he will be devoted to the one and despise the other. You cannot serve Hashem and Mammon (Money).

|25| Therefore, I say to you, Do not have a LEV ROGEZ (anxious heart, [DEVARIM 28:65]) about your life, what you might wear or what you might drink, nor for your basar, what you might put on. Is not life more than okhel (food) and basar more than malbush (clothing)?

|26| Look to the OPH HASHOMAYIM (birds of heaven, IYOV 35:11), for they

do not sow nor reap nor gather into storehouses, and your Av shbaShomayim feeds them. Are you yourselves not worth more than they?

|27| And who among you by a LEV ROGEZ (DEVARIM 28:65) is able to add to his life span one cubit?

|28| And why have a LEV ROGEZ (anxious heart) about malbush (clothing)? Observe the lilies of the field, how they grow. They do not labor nor spin.

|29| But I say to you that not even Shlomo HaMelech in all his kavod (glory) was clothed as one of these.

|30| And if Hashem thus clothes the grass of the field that exists today and tomorrow is thrown into a furnace, how much more will he clothe you, you ones of little emunah?

|31| Therefore, do not have a LEV ROGEZ (DEVARIM 28:65), saying, What might we eat? or What might we drink? or With what might we clothe ourselves?

|32| For all these things the Goyim strive. For your Av shbaShomayim bavorn (anticipates) that you need all these things.

|33| But seek first the Malchut Hashem and the Tzidkat Hashem, and all these things will be added to you.

|34| Therefore, do not have a LEV ROGEZ (DEVARIM 28:65) for tomorrow, for makhar (tomorrow) will care for itself. Each day has enough tzoros of its own.

7 Judge not lest you be judged.

|2| For with what gezar din (verdict) you judge, you will be judged, and with what measure you measure, it will be measured to you.

|3| And why do you see the speck in the eye of your Ach [b'Moshiach], but you do not