

FOR OUR SINS

AL CHEIT

על חטא

ועל כלם, אלוה סליחות, סלח לנו, מחל לנו, כפר-לנו.

V'al kulam eloha selichot – s'lach lanu, m'chal lanu, kaper lanu.

For all these sins, O God of mercy, forgive us, pardon us,
grant us atonement.

על חטא שחטאנו לפניך בנטיות גרון.

Al cheit shechatanu l'fanecha bintiyat garon.

For the sins we have committed against You
through arrogance and selfishness:

*For being obsessed with our own concerns,
For choosing rudeness over common courtesy,
For loving our egos.*

על חטא שחטאנו לפניך בהונאת רע.

Al cheit shechatanu l'fanecha b'hona-at re-a.

For the sins we have committed against You by defrauding others:

*For using people in pursuit of our ambitions,
For manipulating the love of others,
For gossiping.*

על חטא שחטאנו לפניך בכחש ובכזב.

Al cheit shechatanu l'fanecha b'chachash uv'chazav.

For the sins we have committed against You
through denial and deceit:

*For creating theories to rationalize our behavior,
For faking emotions for our own benefit,
For using the sins of others to excuse our own,
For claiming that ends justify the means.*

על חטא שחטאנו לפניך בנשף ובמשפתה.

Al cheit shechatanu l'fanecha b'neshech uv'mishteh.

For the sins we have committed against You
through greed and overindulgence:

*For using force to maintain our power,
For poisoning our planet,
For remembering the price of things but forgetting their value.*

For all these sins, O God of mercy, forgive us,
pardon us, grant us atonement.

ועל כָּלֵם, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כְּפָר-לָנוּ.

V'al kulam eloha selichot – s'lach lanu, m'chal lanu, kaper lanu.



עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּאִמוּץ הַלֵּב.

Al cheit shechatanu l'fanecha b'imutz haleiv.

For the sins we have committed against You
through hardening our hearts:

*For accepting poverty as inevitable,
For staying silent when we should speak out,
For resenting the young and ignoring the elderly,
For abandoning proper outrage.*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּחִנוּפָה.

Al cheit shechatanu l'fanecha b'chanufah.

For the sins we have committed against You
through hypocrisy:

*For condemning in our children the faults we tolerate in ourselves,
For condemning in our parents the faults we tolerate in ourselves,
For neglecting our promises.*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּצָרוּת עֵינַי.

Al cheit shechatanu l'fanecha b'tzarut ayin.

For the sins we have committed against You
by narrow-mindedness:

*For passing judgment without knowledge,
For denying our baseless hatreds.*

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּגִלּוּי עֲרִיּוֹת.

Al cheit shechatanu l'fanecha begilui arayot.

For the sins we have committed against You
through sex and love:

For confusing love with lust,

For pursuing fleeting pleasure while disregarding lasting hurt,

For withholding affection to control the ones we love.

עַל חַטָּא שְׁחָטָאנוּ לְפָנֶיךָ בְּוֵדוּי פֶּה.

Al cheit shechatanu l'fanecha b'vidui peh.

For the sins we have committed against You
through empty confession.

*For all these sins, O God of mercy, forgive us, pardon us,
grant us atonement.*

וְעַל כָּל־אֵלֶּה, אֱלֹהֵי סְלִיחוֹת, סְלַח לָנוּ, מְחַל לָנוּ, כַּפֵּר-לָנוּ.

V'al kulam eloha selichot – s'lach lanu, m'chal lanu, kaper lanu.