

Polarization, Mistrust, and Teshuva: Civic Friendship in Jewish Thought and the High Holiday Liturgy

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I. Introducing the Concept of Civic (or Political) Friendship from Political Philosophy

Aristotle, Eudaimonian Ethics

"it is thought to be the special business of the political art to produce friendship..." (1234b22)

Aristotle, Nichomachean Ethics

"Like-mindedness appears to be civic friendship... But this sort of like-mindedness is present among the decent, since they are like-minded both with themselves and with one another...; they also wish for what is just and what is advantageous, and they aim at these also in common. ... For when people do not keep watch over the commons, it is destroyed. It results, then, that they fall into civil faction, compelling one another by force and not wishing to do what is just themselves." (1161b4-15)

"Persons who have [too] many friendships... are thought to be friends of nobody...: I mean the sort of people we call obsequious. Yet one may be political friend to many people and not be obsequious but truly equitable."

Hannah Arendt, The Human Condition

"[W]hat love is in its own, narrowly circumscribed sphere, respect is in the larger domain of human affairs. Respect... is a kind of 'friendship' without intimacy and without closeness." (243)

Danielle Allen, Talking to Strangers

"It is not the emotions of friendship that are relevant to politics, but rather its core practices." (120)

"One doesn't even have to like one's fellow citizens in order to act toward them as a political friend. There is a very easy way of transforming one's relations to strangers. We might simply as about all our encounters with others in our polity, 'would I treat a friend this way?' When we can answer 'yes,' we are on the way to developing a citizenship that is neither domination nor acquiescence..." (140)

"Friendship is the bond of the city, as Aristotle argued, and political friendship is not merely a serviceable aspiration, but a crucial one. Citizens who adopt it commit themselves to pursuing liberty and equality simultaneously, and to resisting accounts of politics that insist that commitment to one requires short-changing the other." (139)

II. Civic Friendship as Central to the Jewish Notion of Love

Pirkei Avot 5:16	משנה אבות ה':ט"ז
(16) All love that depends on something,	טז) כָּל אַהְבָה שֶׁהִיא תְלוּיָה בְדָבָר, בָּטֵל דָּבָר, בְּטֵלָה
when the thing ceases, the love ceases; and	אַהֲבָה. וְשָׁאֵינָהּ תְּלוּיָה בְדָבָר, אֵינָהּ בְּטֵלָה לְעוֹלָם. אֵיזוֹ
[all love] that does not depend on a thing,	הִיא אַהֲבָהשֶׁאֵינָהּ תְּלוּיָה בְדָבָר, זוֹ אַהֲבַת דָּוִד
will never cease. What is an example of	וִיהוֹנָתָן:

love... that did not depend on a thing? Such was the love of David and Jonathan.

Leviticus 19:17-18

(17) You shall not hate your kinsfolk in your heart. Reprove your kin but incur no guilt on their account. (18) You shall not take vengeance or bear a grudge against members of your people. Love your fellow [Israelite] as yourself: I am YHWH.

ויקרא י"ט:י"ז-י"ח

(יז) לְא־תִשְׁנָא אֶת־אָחָיךּ בִּלְבָבֶךּ הוֹבֵחַ תּוֹכִּיחַ אֶת־עֲמִיתֶּךּ וְלֹא־תִשָּׂא עָלָיו חֵטְא: (יח) לְא־תִקֹּם וְלָא־תִטֹר אֶת־בְּנֵי עַמֶּׂךּ וְאֲהַבְתָּ לְרֵעֲךָּ כַּמְוֹךּ אֲנָי יִהֹוֵה:

III. Civic enmity/ Civic Friendship as a portal between Tisha B'Av and The High Holidays

Yom Kippur Liturgy, "Al Het"

מחזור ליום כיפור

And for the sin we committed before You by *sinat hinam* (wanton, baseless hatred).

ועַל חֵטָא שֵׁחָטָאנוּ לְפַנֵיךּ בִּשִׂנָאַת חִנָּם:

Tanna debei Eliyahu Zuta, Introduction

The beginning of sin is evil thoughts, the second [cause] for it is mockery, the third is arrogance, the fourth is cruelty, the fifth is idleness, the sixth is the evil eye, the seventh is baseless hatred. The beginning of fear/awe [of God] is shame, the second [cause] for it is humility, the third is a clean (honest) profession, the fourth is compassion, the fifth is the observance of commandments, the sixth is the pursuit of peace, the seventh is love of people.

תנא דבי אליהו זוטא, מבוא

תחלת עבירה הרהור, שנייה לה ליצנות, שלישית לה גסות הרוח, רביעית לה אכזריות, חמישית לה הבטלה, שישית לה עין הרע, שביעית לה שנאת חנם: תחלת יראה בושה, שנייה לה ענוה, שלישית לה אומנות נקייה, רביעית לה רחמנות, חמישית לה קיום מצות, שישית לה רדיפת שלום, שביעית לה אהבת הבריות:

Yoma 9b

However, the second Temple – a period in which people were engaged in Torah study, observance of mitzvot, and acts of kindness, why was it destroyed? Due to the fact that there was "sinat hinam" (wanton, baseless hatred). This comes to teach you that the sin of sinat hinam is equivalent to the three severe transgressions: Idol worship, forbidden sexual relations and bloodshed.

:יומא ט

אֲבָל מִקְדָּשׁ שֵׁנִי שֶׁהָיוּ עוֹסְמִין בְּתוֹרָה וּבְמִצְוֹת וּגְמִילוּת חֲסָדִים, מִפְּנֵי מָה חָרֵב? מִפְּנֵי שֶׁהָיְתָה בּוֹ שִׂנְאַת חִנָּם לְלַמֶּדְךּ שֶׁשְׁקוּלָה שִׂנְאַת חִנָּם כְּנֶגֶד שָׁלשׁ עֲבֵירוֹת: עֲבוֹדָה זָרָה, גִּלוּי עֲרָיוֹת, וּשָׁפִיכוּת דָּמִים.

Gittin 55b-56a

Jerusalem was destroyed on account of Kamtza and bar Kamtza. There was a certain man whose

גיטין נה:-נו.

אַקַּמְצָא וּבַר קַמְצָא חֲרוּב יְרוּשָׁלַיִם – דְּהָהוּא גַּבְרֵא דְּרַחֲמֵיהּ קַמְצֵא, וּבָעל דְּבַבֵיהּ בַּר קַמְצֵא. friend was named Kamtza and whose enemy was named bar Kamtza. He made a feast and said to his servant: Go bring me Kamtza. The servant mistakenly brought him bar Kamtza. The host came and found bar Kamtza sitting and said to him, "...Arise and leave." Bar Kamtza said to him: "Since I have already come, let me stay and I will give you money for whatever I eat and drink." ... "I will give you money for half of the feast"... "I will give you money for the entire feast." The host said to him: "No." Finally, he grabbed his hand, stood him up, and took him out. Bar Kamtza said to himself: Since the Sages were sitting there and did not protest learn from it that they were content with what he did. I will therefore go and inform against them to the king. He went and said to the emperor: The Jews have rebelled against you...

עֲבַד סְעוֹדְתָּא, אֲמַר לֵיהּ לְשַׁמָּעֵיהּ: זִיל אַיְיתִי לִי קַמְצָא. אֲזַל אַיְיתִי לֵיהּ בַּר קַמְצָא. אֲתָא, אַשְׁכְּחֵיהּ דַּהֲוָה יָתֵיב. אֲמַר לֵיהּ: מִכְּדֵי הָהוּא גַּבְרָא בְּעֵל קוּם פּוֹק! אֲמַר לֵיהּ: הוֹאִיל ... הוּא, ...דְּבָבֵא וַאֲתַאי, שִׁבְקוּ וְיָהֵיבְנָא לָךְּ דְּמֵי מָה דְּאָכֵילְנָא וְשָׁתֵינָא. אֲמַר לֵיהּ: לָא. אֲמַר לֵיהּ: יָהֵיבְנָא לָךְּ דְּמֵי פַלְגָא דְּסְעוֹדְתָּיךּ! אֲמַר לֵיהּ: לָא. אֲמַר לֵיהּ: יָהֵיבְנָא לָךְּ דְּמֵי כּוּלַהּ סְעוֹדְתָּיךּ! אֲמַר לֵיהּ: לָא. נַקְטֵיהּ בִּידִיהּ וְאוֹקְמֵיהּ וְאַפְּקֵיהּ. אָמַר הוֹאִיל וַהֲווֹ נַקְבִי רַבָּנַן וְלָא מַחוֹ בֵּיהּ, שְׁמַע מִינַּהּ קָא נִיחָא לְהוּ, אֵיזִיל אֵיכוֹל בְּהוּ קוּרְצָא בֵּי מַלְכָּא. אֲזַל אֲמַר לֵיהּ לְקִיסָר: מָרָדוּ בַּךְּ יְהוּדָאָי!

Arakhin 16b

It is taught in a baraita that Rabbi Tarfon says: I would be surprised if there is anyone in this generation who can receive rebuke. Why? Because if the one rebuking says to him: Remove the splinter from between your eyes, i.e., rid yourself of a minor infraction, the other says to him: Remove the beam from between your eyes, i.e., you have committed far more severe sins. Rabbi Elazar ben Azaria says: I would be surprised if there is anyone in this generation who knows how to rebuke correctly, without embarrassing the person he is rebuking.

ערכין ט״ז ב

תניא א"ר טרפון (תמיהני) אני אם יש בדור הזה שמקבל תוכחה אם אמר לו טול קיסם מבין עיניך אמר לו טול קורה מבין עיניך אמר רבי אלעזר בן עזריה תמיהני אם יש בדור הזה שיודע להוכיח

IV. Reading the book of Jonah through the lens of Political Friendship

Jonah 1

(1) The word of GOD came to Jonaha son of Amittai: (2) Go at once to Nineveh, that great city, and proclaim judgment upon it; for their wickedness has come before Me. (3) Jonah, however, started out to flee to Tarshish from GOD's service. He went down to Joppa and found a ship going to Tarshish. He paid the fare and went aboard to sail with the others to Tarshish, away from GOD's service. (4) But GOD cast a

יונה א'

(א) וַיְהִי דְּבַר־יְהֹּוֶה אֶל־יוֹנֶה בֶּן־אֲמִתַּי לֵאמְׂר: (ב) קוּם לֵךְ אֶל־נִינְוֶה הָעִיר הַגְּדוֹלֶה וּקְרֵא עָלֶיהָ כִּי־
עָלְתָּה רָעָתָם לְפָנֵי: (ג) וַיִּ קָם יוֹנָה לִבְרַחַ
עַלְתָּה רָעָתָם לְפָנֵי: (ג) וַיִּ קָם יוֹנָה לִבְרַחַ
תַּרְשִׁישָׁה מִלּפְנֵי יְהֹוֶה וַיַּרֶד יָפֹוֹ וַיִּמְצֵא אֱנְיָה וֹ
בְּצָה תַרְשִׁישׁ וַיִּמֵּן שְׂכָּרָה וַיִּרֶד בָּהּ לָבְוֹא עִמָּהֶם בּּקְישִׁישׁה מִלְּפְנֵי יְהֹוֶה: (ד) וַיִּהֹוָה הַטֶּיל רְוּחַ־
גְּדוֹלָה אֶל־הַיָּם וַיְהִי סַעַר־גָּדוֹל בַּיֻם וְהָצֵּבְיָה אֵל־הַיָּה חִשְׁבָּה לְהִשְּׁבֵר: (ה) וַיִּירְאַוּ הַמַּלְּחִים וַיִּדְעָּה אֵל־הַיָּה אֵל־הַיָּם אֵשֵׁר בָּאֵבָיָה אֵל־הַיָּה אֵל־הַיָּם אֵלֵּרָה אֵל־הַיָּה אֵל־הַיָּה אֵלִרָים אֵשֵׁר בָּאֵבָיָה אֵל־הַיָּה mighty wind upon the sea, and such a great tempest came upon the sea that the ship was in danger of breaking up. (5) In their fright, the sailors cried out, each to his own god; and they flung the ship's cargo overboard to make it lighter for them. Jonah, meanwhile, had gone down into the hold of the vessel where he lay down and fell asleep. (6) The captain went over to him and cried out, "How can you be sleeping so soundly! Up, call upon your god! Perhaps the god will be kind to us and we will not perish." (7) They said to one another, "Let us cast lots and find out on whose account this misfortune has come upon us." They cast lots and the lot fell on Jonah. (8) They said to him, "Tell us, you who have brought this misfortune upon us, what is your business? Where have you come from? What is your country, and of what people are you?" (9) "I am a Hebrew," he replied. "I worship the ETERNAL, the God of Heaven, who made both sea and land." (10) The men were greatly terrified, and they asked him, "What have you done?" And when the men learned that he was fleeing from GOD's service —for so he told them— (11) they said to him, "What must we do to you to make the sea calm around us?" For the sea was growing more and more stormy. (12) He answered, "Heave me overboard, and the sea will calm down for you; for I know that this terrible storm came upon you on my account." (13) Nevertheless, the men rowed hard to regain the shore, but they could not, for the sea was growing more and more stormy about them. (14) Then they cried out to GOD: "Oh, please, ETERNAL One, do not let us perish on account of this man's life. Do not hold us guilty of killing an innocent person! For You, O ETERNAL One, by Your will, have brought this about." (15) And they heaved Jonah overboard, and the sea stopped raging. (16) The men feared GOD greatly; they offered a sacrifice to GOD and they made vows.

לָהַקָּל מֵעֲלֵיהֵם וְיוֹנַה יַרַד אֱל־יַרְכָּתֵי הַסְּפִינַה וַיִּשְׁבַּב וַיַּרַדָם: (ו) וַיִּקְרֵב אָלִיוֹ רָב הַחֹבֶּל וַיִּאמֵר לְוֹ ַמַה־לָּךָּ נָרְדָּם קוּם קַרָא אֱל־אֱלֹהֶיךָּ אוּלֵי יִתְעַשֵּׁת האַלהִים לַנוּ וִלָּא נאבַד: (ז) וַיִּאמרוּ אֵישׁ אַל־ רעהו לכו ונפילה גורלות ונדעה בשלמי הרעה הַזְּאת לֻנוּ וַיַּפְּלוֹ גִּוֹרָלוֹת וַיִּפְּל הַגּוֹרָל עַל־יוֹנֵה: רָמִי־ (ח) וַיּאֹמָרוּ אֵלֵיו הַגִּידַה־נֵּא לֶנוּ בַּאַשֵׁר לְמִי־ הַרַעָה הַזָּאת לָנוּ מַה־מִּלָאכְתַּךְ וּמֵאַיוַ תַּבּוֹא מַה אַרְצֶּׂךְּ וָאֵי־מָזֵה עָם אַתַּה: (ט) וַיִּאֹמֶר אַלֵּיהָם עבָרֵי אָנְכִי וָאֶת־יִהֹוָה אֱלֹהֵי הַשָּׁמַיִם אֲנֵי יַרֵּא ּ אֱשֵׁר־עַשֵּׂה אֶת־הַיַּם וְאֵת־הַיַּבּשָׁה: (י) וַיִּירְאָוּ הָאַנָשִׁים יִרְאָה גִּדוֹלָה וַיִּאֹמְרוּ אֶלָיו מַה־זָּאֹת הַאַנַשִּׁים יִרְאָה גִּדוֹלָה וַיִּאֹמְרוּ אֶלָיו עשית בי־יַדעו האַנשִים בי־מלפני יהוה הוא ברח כי הגיד להם: (יא) ויאמרו אליו מה־נעשה לַרְ וִיִשְׁתִּק הַיִּם מֵעָלֵינוּ כֵּי הַיַּם הוֹלֵךְ וִסֹעֵר: (יב) וַיִּאמֵר אֵלֵיהֶם שַאוֹנִי וַהַטִילֵנִי אֵל־הַיַּם וִיִּשְׁתִּק **הַיִּם מֵעֲלֵיבֵם** כֵּי יוֹדֵעַ אָנִי כֵּי בִשֶׁלִּי הַסַּעַר הַגָּדֵוֹל הַזָּה עֲלֵיכֵם: (יג) וַיַּחָ**תְּרוּ הַאַנַשִּׁים לְהַשִּׁיב אֵל־** ָהַיַּבָּשָׁה וִלָּא יַכָּלוּ כֵּי הַיָּם הוֹלֵךְ וִסֹעֵר עֲלֵיהֵם: (יד) וַיִּקְרָאוּ אֶל־יִהֹוֹה וַיּאֹמְרוּ אַנֵּה יִהֹוַה אַל־נַא נאבדה בּנֵפשׁ הָאֵישׁ הַזֵּה וְאַל־תְּתֵן עָלֵינוּ דֵם נַקִיא בֵּי־אַתַּה יִהֹוָה כַּאַשֵּׁר חַפַּצְתַּ עַשִּׂיתַ: (טו) וַיִּשָאוּ אֶת־יוֹנָה וַיִּטְלָהוּ אֱל־הַיַּם וַיַּעֲמִד הַיַּם רָאָה גִּדוֹלָה אֶת־ (טז) וַיִּירְאָוּ הָאַנָּשֶׁים יִרְאָה גִּדוֹלָה אֶת־ יָהֹוָה וַיִּזְבָּחוֹ־זֵבָתֹ לֵיהֹוָה וַיִּדְרָוּ נִדְרֵים:

Jonah 3:4-10

(4) Jonah started out and made his way into the city the distance of one day's walk, and proclaimed: "Forty days more, and Nineveh shall be overthrown!" (5) The people of Nineveh believed God. They proclaimed a fast, and great and small alike put on sackcloth. (6) When the news reached the king of Nineveh, he rose from his throne, took off his robe, put on sackcloth, and sat in ashes. (7) And he had the word cried through Nineveh: "By decree of the king and his nobles: No human or animal—of flock or herd shall taste anything! They shall not graze, and they shall not drink water! (8) They shall be covered with sackcloth—human and animal and shall cry mightily to God. Let everyone turn back from their own evil ways and from the injustice of which they are guilty. (9) Who knows but that God may turn and relent? [God] may turn back from wrathfulness, so that we do not perish." (10) God saw what they did, how they were turning back from their evil ways. And God renounced the punishment that had been planned for them, and did not carry it out.

יונה ג':ד'-י'

(ד) וְיָחֶל יוֹנָהֹ לָבְוֹא בְּעִיר מַהֲלֵךְ יְוֹם אֶחֶד וַיִּקְרָא ֹ וַיּאֹמֵּר עוֹד אַרְבָּעִים יוֹם וְנִינְוֻה נֶּהְפֵּכֶת: (ה)

וַיִּאְמֶינוּ אַרְשָׁי נְינְוֶה בָּאלֹהֵים וַיִּקְרְאוּ־צוֹם

וַיִּלְבְּשׁוּ שַׂלִּים מִגְּדוֹלֶם וְעַד־קְטַבֶּם: (ו) וַיִּגָּע

הַדְּבָר אֶל־מֶלֶךְ נִינְוֹה וְיָּשֶׁב עַל־הָאֵפֶר: (ז) וַיִּזְעֵׁק

מְעָלֶיו וַיְבַס שַׁׂק וַיִּשָׁב עַל־הָאֵפֶר: (ז) וַיִּזְעֵׁק

וַיֹּאמֶר בְּנָילֵה מִשְּׁעַם הַמֶּלֶךְ וּגְדֹלָיו לֵאמֹר הָאָדָם

וְהַבְּהֵמְׁה הַבָּבָּר וְהַצֹּאוֹ אֵל־יִטְעֲמוֹ מְאֹוּהָה אֵל־יִנְעְבֵּר וְהָבָּפָוּ שַׂלִּים הָאָדָם

וְהַבְּהֵמְּה וְּמָרְיוֹ אָל־אֵלֹהִים וְלָעֲב מְחָדְבָּה וְשָׁבּוּ אִישׁׁ מִּדְרְבָּם הָבְּעָר וּבְּלָהְים בְּאֶלַהִים וְשָׁב מְחָדָהוֹ אַבְּּוֹ מִיּבְרָבוֹ (ט)

מְדַּרְבָּוֹ הָרְעָה וּמִן־הָחָמֶס אֲשֶׁר בְּּכַפֵּיהֶם: (ט)

מְדַּרְבָּוֹ הָרְעָה וּמִן־רְאָוּ הַבְּאֶלֹהִים וְשָׁב מְחָלָוֹן אַפְּוֹ מִיּלְעָם בִּיּנְם הָרָעָה וַיְבָּלְהִם הְאֶלֵהִים עַל־הָרָעָה וְיָבָּיִם הָאֵלֹהִים עַל־הָרָעָה וְיְבָּב מְחָרְבָּם הָרְעָה וַיְבָּחָם הְאֵלֹהִים עַל־הָרָעָה וּיִבְּחָם הְאֵלֹהִים עַל־הָרָעָה אֵבּיר לַעֲשׁוֹת־לָהָם וְלָא עָשֵׂה:

Jonah 4:10-11

(10) Then GOD said: "You cared about the plant, which you did not work for and which you did not grow, which appeared overnight and perished overnight. (11) And should not I care about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not yet know their right hand from their left, and many animals as well!"

יונה ד':י'-י"א

(י) וַיָּאׁמֶר יְהֹּוֶֹה אַתָּה חַּסְתָּ עַל־הַמָּיקָיֹוּן אֲשֶׁר לֹא־עָמֵלְתָּ בָּוֹ וְלָאׁ גִּדַּלְתָּוֹ שֶׁבִּן־לֵיְלָה הָיָה וּבִּן־ לַיְלָה אָבֵד: (יא) וַאֲנִי לָאׁ אָחׁוּס עַל־נִינְוַה הָעֵיר הַגְּדוֹלֵה אֲשֶׁר יָשׁ־בָּׁהּ הַרְבֵּה מְשְׁתֵּים־עֶשְׂוֹרָה רְבֿוֹ אָדָָם אֲשֶׁר לָא־יָדַע בַּין־יְמִינָוֹ לִשְׂמֹאׁלוֹ וּבְהֵמֶה רַבֵּה:

V. Forgiveness as Central to Friendship – and the Link from the High Holidays to the Entire Year Ahead

Shai Held, "Covenantal Joy: What Sukkot Can Teach Us," in Heart of Torah II, 69-70:

"Sukkot takes place mere days after Yom Kippir, and that... adds to the intense joy of the holiday. In the course of moving through the world we all too often fall short of both God's expectations and our own aspiration. We lose sight of God, and we cause pain and

disappointment to others. Imagine living in a world where forgiveness – from God and from others – was not available; imagine living in a universe of "one strike and you're out." Friendship would be impossible, parenting would be inconceivable, and marriage would last days at most; an enduring covenant with God would be unimaginable. *Teshuvah* (repentance), mehilah (forgiveness), and kapparah (atonement) are what make life and relationships possible. This is what the Talmud means when it suggests that teshuvah was created even before the world itself (BT Pesahim 54a). Without human repentance and divine forgiveness, life would be little more than a series of irredeemable broken relationships. With human repentance and divine forgiveness, the almost miraculous possibility of healing and renewal emerges. Part of what we experience on Sukkot is the joy of living in a world where forgiveness is possible. Covenant depends on – and celebrates – the possibility of restoring relationships."

Siddur Ashkenaz, Bedtime Shema

- (1) I hereby forgive anyone who has angered me, or sinned against me, either physically or financially, against my honor or anything that is mine, whether accidentally or intentionally, inadvertently or deliberately, by speech or by deed, by thought or by speculation... any Israelite [is forgiven], may no man be punished on my account. May it be Your will, Adonoy, my God and God of my fathers, that I shall sin no more nor repeat my sins, neither shall I again anger You nor do what is wrong in Your eyes. The sins I have committed, erase in your abounding mercies, but not through suffering or severe illnesses. ...
- (2) Blessed are You, Adonoy, our God, King of the Universe, Who causes the fetters of sleep to fall upon my eyes, and slumber upon my eyelids.... Let my thoughts not terrify me— nor evil dreams or evil fancies (disturb me), and may my bed be perfect before You.

סידור אשכנז, קריאת שמע על המיטה

א) רְבּוֹנוֹ שֶׁל עוֹלָם הְּרֵינִי מוֹחֵל לְכָל־מִי שֶׁהְכְעִיס וְהְקְנִיט אוֹתִי אוֹ שֶׁחָטָא בְנָגְדִּי בֵּין בְּגוּפִי בֵּין בְּאְוֹנֶס בֵּין בְּמְמוֹנִי בֵּין בְּלְבוֹדִי בֵּין בְּכָל־אֲשֶׁר לִי בֵּין בְּאְוֹנֶס בֵּין בְּרְצוֹן בִּין בְּשׁוֹגֵג בֵּין בְּמִזִיד בֵּין בְּדָבּוּר בֵּין בְּמַעֲשֶׂה בֵּין בְּמַחֲשָׁבָה בֵּין בְּהַרְהוֹר ... לְכָל־בַּר יִשְׂרָאֵל וְלֹא יַעְנֵשׁ שׁוּם אָדָם בְּסִבְּתִי: יְהִי רָצוֹן מִלְּפָנֶיףְ יְהֹוָה שֶׁלֹהֵי וֵאלֹהֵי אֲבֹוֹתִי שֶׁלֹא אֶחֱטָא עוֹד וּמַה־ שֶׁל־יְדֵי יִסּוֹרִם וָחֲלָיִים רָעִים: ... עַל־יְדֵי יִסּוֹרִים וָחֲלִיים רָעִים בְּעִיבָּים הְמַפְּיל (ב) בָּרוּךְ אַתָּה יְהֹוָה אֱלֹהֵינוּ מֵלֶלֶ הְעֹל עִפְעַפְּי:... וְאַל חְבָלֵי שֵׁנָה עַל עֵינִי וּהְנִנִּמְ רְעִים וְהַרְהוֹרִים רָעִים יְבַהֲלְוּנִי רַעְיוֹנִי וַחֲלוֹמוֹת רָעִים וְהַרְהוֹרִים רָעִים