



Viddui וְדוּי

Confessional Prayers for Yom Kippur

贖罪日禱告指引



יום כיפור
תפילה

Ashamnu אשמונו

禱告(短的悔改) The Short Confession

我們的神和我們列祖的神，讓我們以禱告來到祢面前。

請不要不理我們的懇求。

因為我們不是那麼厚顏無恥和硬著頸項，對祢說，

Adonai，我們的神，我們列祖的神，

"我們是公義的，沒有罪的。"

但是，事實上，我們和我們的列祖都犯了罪。

Our God and God of our fathers, let our prayer come before you and do not ignore our supplication. For we are not so brazen-faced and stiff-necked to say to you,

Adonai, our God, and God of our fathers, "We are righteous and have not sinned."

But, indeed, we and our fathers have sinned.



Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(N) Ashamnu: 我們有罪。我們對神和人都犯了罪。

We are guilty. We have sinned against God and man.

(B) Bagadnu: 我們背叛了 神和人，我們對向我們顯示的良善，
忘恩負義。

We have betrayed God and man, and we have been ungrateful for the goodness shown to us.

(G) Gazalnu: 我們犯了盜取的行為。我們誤導了別人。我們不誠實。

We have stolen. We have misled others. We have been dishonest.

(T) Debarnu Dofi: 我們曾說過誹謗的話。

我們在背後說別人的閒話。

We have spoken slander. We have gossiped about others behind their backs.



תפילה
אשמונה

Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(ה) He'yvinu: 我們行事乖僻，導致別人誤入歧途。

We have acted perversely and caused others to go astray.

(ו) V'hirshanu: 我們已經導致他人犯下被稱為邪惡的罪。

We have caused others to commit sins for which they are called wicked.

(ז) Zadnu: 我們懷著惡意犯罪，卻又為此辯護。

We have sinned with malicious intent and justified it.

(ח) Chamasnu: 我們勒索並利用了那些比我們弱小的人。

我們不平等地對待人們。我們已經實施了暴力。

We have extorted and taken advantage of those weaker than us.

We don't treat people equally. We have done violence.



תפילה
התעוררות
התשובה

Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(D) Tafalnu Sheker: 我們行了欺騙。我們與惡人為伍，
對不誠實變得麻木不仁。我們判斷太快而沒有尋求真象。

We have practiced deceit. We have joined with evil people and become desensitized to dishonesty. We have judged too quickly without seeking truth.

(T) Ya'atznu Ra: 我們給了有害和邪惡的建議，卻不敢承認自己無知。
我們濫用了信任。

We have given harmful and evil advice and been afraid to admit ignorance.
We have abused trust.

(K) Kizavnu: 我們的言語和行為都是欺騙性的。
我們沒有遵守我們的承諾。

We have been deceitful in our words and actions. We have not kept our promises.



Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(ב) Latznu: 我們曾嘲笑和蔑視。
我們貶低那些重要的人和那些值得珍視的人，
以使我們自己看起來更好。

We have mocked and shown contempt. We have diminished the importance of people and values that deserve respect to make ourselves look better.

(ג) Maradnu: 我們背叛了 神和祂的妥拉。

We have rebelled against God and His Torah.

(ד) Ni'atznu: 我們造成 神對我們的發怒，也激怒了別人。
我們犯褻瀆了。

We have caused God to be angry with us and angered others.

We have blasphemed.



תפילות
התענית

Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(ד) Sararnu: 我們已經轉離了 神的事。
我們選擇安逸，而不是道德和真理，
忽略了我們身為祂子民的责任。

We have turned away from the things of God.

We have chosen ease over morality and truth and ignored our responsibilities as His people.

(ו) Avinu: 我們故意地、衝動地、不正當地犯了罪。

We have sinned deliberately, impulsively, perversely.

(ז) Pashanu: 我們在遵守誠命方面不在意。

We have been careless in following the commandments.



תפילה
התעוררות
אשמונה

Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(ל) Tzararnu: 我們造成了痛苦。
我們的言語和沈默、我們的作為和不作為，
為我們的朋友帶來了悲傷，也為他人帶來了痛苦。

We have caused suffering. We have caused our friends grief and afflicted others with pain through both our words and our silence, our actions and our inaction.

(ק) Kishinu Oref: 我們一直很固執、傲慢，拒絕看到我們的苦難是由我們自己的罪造成的，也拒絕看到神在我們生命中的作為。

We have been stubborn and arrogant, refusing to see when our suffering is caused by our own sin and refusing to see God's hand in our life.

(ג) Rashanu: 我們對別人一直很邪惡。

We have been wicked towards others.



תפילה
תורה
תורה

Ashamnu - The Short Confession

禱告(短的悔改) [請起立]

(ו) Shichatnu: 我們道德敗壞了。我們已經不道德了。
我們為了自己的滿足不把人當人。

We have been morally corrupt. We have been immoral.
We have dehumanized others for our own gratification.

(ז) Ti'avnu: 我們犯下了《妥拉》所稱的可憎之罪。
We have committed sins which the Torah refers to as abominations.

(ח) Tainu: 我們已經誤入歧途，與神漸行漸遠，我們只把心的一小部分給神。
We have gone astray and drifted away from God, giving Him only part of our hearts.

(ט) Titanu: 我們已經把別人引入歧途了。
We have led others astray.



תפילה

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們在被脅迫下或自願下所犯的罪，陳明在祢面前。
For the sin which we have committed before You under duress or willingly.

為我們因硬心所犯的罪，陳明在祢面前。
And for the sin which we have committed before You by hard-heartedness.

為我們不是故意犯的罪，陳明在祢面前。
For the sin which we have committed before You accidentally.

為我們那些嘴唇不經思考所說出來的話，陳明在祢面前。
And for the sin which we have committed before You when we speak without thinking.

為我們所犯那些不道德的罪，陳明在祢面前。
For the sin which we have committed before You with immorality.



Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們在祢面前因嚴厲的言語所犯的罪，陳明在祢面前。
And for the sin which we have committed before You through harsh speech.

為我們那些知道與欺騙的罪，陳明在祢面前
For the sin which we have committed before You with knowledge and with deceit.

為我們那些因言語所犯的罪，陳明在祢面前。
And for the sin which we have committed before You through our speech.

為我們那些欺騙追隨者所犯的罪，陳明在祢面前。
For the sin which we have committed before You by deceiving a fellowman.

為我們那些不適當的思想所犯的罪，陳明在祢面前。
And for the sin which we have committed before You by improper thoughts.



תפילה
תשובה

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們那些因淫蕩所犯的罪，陳明在祢面前。
For the sin which we have committed before You by lewdness.

為我們不真誠的認罪而犯下的罪，陳明在祢面前。
And for the sin which we have committed before You by insincere confession.

為我們那些不尊重父母和老師的罪，陳明在祢面前。
For the sin which we have committed before You by disrespect for parents and teachers.

為我們聚集在一起做負面的事情時所犯的罪，陳明在祢面前。
And for the sin which we have committed before You while gathering to do negative things.

為我們使用脅迫手段所犯的罪，陳明在祢面前。
For the sin which we have committed before You by using coercion.



Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們褻瀆聖名的罪，陳明在祢面前。

And for the sin which we have committed before You by desecrating the Divine Name.

為我們使用不潔淨的言語所犯的罪，陳明在祢面前。

For the sin which we have committed before You by impurity of speech.

為我們因愚蠢的話所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by foolish talk.

為我們因屈服我們的罪性而在祢面前所犯的罪，陳明在祢面前。

For the sin which we have committed before You by obeying our sinful nature.



B-5/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們在祢面前對那些可能知道
也可能不知道我們所做的事情的人所犯的罪，陳明在祢面前。

And for the sin which we have committed before You
against others who may or may not know what we have done.

對於所有這些，赦免罪孽的神啊，
赦免我們，原諒我們，為我們贖罪。

For all these, God of pardon,
pardon us, forgive us, atone for us.



תפילה
ארום

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們否認和說謊的罪，陳明在祢面前。

For the sin which we have committed before You by denial and lying.

為我們拿行賄的錢或施賄的手所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by a bribe-taking or a bribe-giving hand.

為我們因著嘲弄所犯的罪，陳明在祢面前。

For the sin which we have committed before You by scoffing.

為我們因對他人邪惡的舌頭言語所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by evil speech (Lashon Hara).

為我們因著作生意時所犯的罪，陳明在祢面前。

For the sin which we have committed before You in business dealings.



Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們那些因吃吃喝喝所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by eating and drinking.

為我們透過利息和勒索在祢面前所犯的罪，陳明在祢面前。

For the sin which we have committed before You through interest and extortion.

為我們因著傲慢舉止所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by being arrogant.

為我們無止盡地胡言亂語的罪，陳明在祢面前。

For the sin which we have committed before You by the prattle of our lips.

為我們用眼睛的行動所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by our eye movements.



B-8/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們在祢面前無恥地犯下的罪，陳明在祢面前。
For the sin which we have committed before You shamelessly.

為我們因著傲慢所犯的罪，陳明在祢面前。
And for the sin which we have committed before You with impudence.

對於所有這些，赦免罪孽的神啊，
赦免我們，原諒我們，為我們贖罪。

For all these, God of pardon,
pardon us, forgive us, atone for us.



תפילה
ארום

B-9/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們因拒絕承擔責任而在祢面前所犯的罪，陳明在祢面前。
For the sin which we have committed before You by refusing to accept responsibility.

為我們透過論斷所犯的罪，陳明在祢面前。
And for the sin which we have committed before You in passing judgment.

為我們因著狡詐對待一個跟隨者所犯的罪，陳明在祢面前。
For the sin which we have committed before You by scheming against a fellowman.

為我們因嫉妒而在祢面前所犯的罪，陳明在祢面前。
And for the sin which we have committed before You by being jealous.

為我們因著輕浮(愚蠢)所犯的罪，陳明在祢面前。
For the sin which we have committed before You by frivolity (foolishness).



התורה

B-10/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們因固執而不屈服於道德影響力或可憐/溫柔所犯的罪，陳明在祢面前。

And for the sin which we have committed before You
by being stubborn and unyielding to moral influence or pity/tenderness.

為我們奔向邪惡所犯的罪，陳明在祢面前。

For the sin which we have committed before You by running to do evil.

為我們編故事所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by tale-bearing.

為我們作假的宣誓所犯的罪，陳明在祢面前。

For the sin which we have committed before You by swearing in vain.



תפילה
תשובה
תשובה

B-11/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為我們無故的仇恨所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by causeless hatred.

為我們在祢面前伸出手所犯的罪，陳明在祢面前。

For the sin which we have committed before You in extending our hand.

為我們因著迷惑的心所犯的罪，陳明在祢面前。

And for the sin which we have committed before You by a confused heart.

對於所有這些，赦免罪孽的神啊，
赦免我們，原諒我們，為我們贖罪。

For all these, God of pardon,
pardon us, forgive us, atone for us.



תפילה
ארוכה

B-12/13

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

為對於我們有義務獻上燔祭、贖罪祭或贖愆祭的罪。

And for the sins for which we are obligated
to bring a burnt-offering, a sin offering, or a guilt offering.

為對於我們應該受到司法系統懲罰的罪。

And for the sins for which we should incur the punishment of the justice system.

為對於我們因天堂之手而該遭受死刑的罪。

And for the sins for which we incur the penalty of death by the hand of Heaven.



הַתְּפִלָּה הַלְּבָבוֹת

Al Chet

The Long Confession 禱告(長的悔改)

(習慣上每提及一次罪，輕輕地在胸膛上輕敲 表示後悔)

我們所知道的罪，我們已經在祢面前宣告了，向祢認罪了；
我們所不知道的罪，已經在祢面前顯露出來了，為祢所知道了。

我們說：“我們藉這愛子的血得蒙救贖，過犯得以赦免，乃是照祂豐富的恩典。”
(以弗所書 1:7)。

因為「除祂以外，別無拯救；因為在天下人間，沒有賜下別的名，我們可以靠著得救。」
(使徒行傳4:12)

透過我們真心的悔改並轉離罪孽，我們的名字就會寫在生命冊上，
並且透過耶穌Yeshua，我們會獲得永恆而豐盛的生命。

For the sins of which we are aware, we have already declared them before You and confessed them to You,
and those of which we are not aware --- before You they are revealed and known.

We say that “In Yeshua HaMashiach we have redemption through His blood, the forgiveness of sins,
in accordance with the riches of God’s grace.” (Ephesians 1:7).

For “there is salvation in no one else, for there is no other Name under heaven given among men
by which we must be saved.” (Acts 4:12) Through our repentance and a turning from our sins,
our names will be written in the Book of Life, and through Yeshua we will have life eternal and abundant.

