

# WHAT TO PRAY: PERSONAL REQUESTS: AMIDA

## Where To Add Personal Requests in Amida

You may add personal requests to the amida on weekdays (not Shabbat or Jewish festivals) in these prayers:

- For livelihood:
  - In the amida's 9th paragraph (bareich aleinu), between mi'tuvecha and u'vareich shnateinu.
- For a general request:
  - In the amida's 16th paragraph (shema koleinu), before ki ata shomei'a.
  - Even better, just before saying yihyu l'ratzon.