ונאמר וזכרתי את בריתי יעקוב, ואף את בריתי יצחק, ואף את בריתי אברהם אזכור, והארץ אזכור

Please Hashem remember the promise you made to Yaakov, that we merit extra protection.

Remember Your promise to Yitzchock, that even in the galus Hashem will bless us with prosperity.

Remember the promise to Avraham, that even in the galus, Hashem will bless us with knowledge and success in Torah learning.

וישמע אלוקים את נאקתם ויזכור אלקים את בריתו את אברהם את יצחק ואת יעקב

Just as Hashem remembered the merits of the Avos HaKedoshim and redeemed Am Yisrael from MItzrayim, even though they were on the 49th level of tumah, and couldn’t even daven for themselves because speech was in galus, Hashem redeem us as well even though we lack merits and we lack the ability to really daven.

ויזכר אלקים את נח

Hashem remembered the great effort Noach exerted to erect the ark and guide the people of his generation to repent. And even though Noach didn’t succeed in inspiring his generation, Hashem rejoiced in his efforts. So too Hashem, remember our efforts even if we have not attained and succeeded.

General requests for זכרונות

1. By saying the pesukim which recall Hashem’s great kindness and miracles, we arouse Hashem’s mercy upon us. 2) Through remembering our Avos merits and dedicated service to Hashem we awaken their merit upon us to remember Hashem’s great love for Yisrael. 3) We ask Hashem to reveal to us His love for us. 4) The strength to conquer and defeat the Yetzer Hara 5) To pass all our nisyonos. 6) We ask Hashem for strength to serve Him with meserios nefesh.

7) To demonstrate to Hashem how much we long to be close to Him.