

Welcome

Modeh / Modah  
Ani

Shabbat Songs

Tzitzit

Mah Tovu

Asher Yatzar

Elohai N'shamah

**Nisim B'chol Yom**

Laosok

V'haarev Na

Eilu D'varim

Kaddish

D'Rabanan

**AS I AWAKEN**, let this be my thought:  
may my day be filled with acts of lovingkindness.  
Let me be drawn to learning and discernment,  
and may my actions be shaped by mitzvot.

Keep me from iniquity, disgrace and sin;  
May I not be overwhelmed by temptation or despair.

Distance me from evil people and false friends.  
Let me cultivate a life of goodness.

May my hands reach out in kindness,  
and I will serve God through acts of righteousness.

Today and every day, may I merit Your mercy,  
by living my life with compassion and love.

Holy One of Blessing, draw me to Your words;  
teach me the art of sacred living.

**ברוך אתה יי, המלמד חסדים טובים לעמו ישראל.**

Baruch atah, Adonai, ham'lameid chasadim tovim l'amo Yisrael.

**L'OLAM** y'hei adam y'rei shamayim

baseiter uvagalui,

umodeh al ha-emet,

v'doveir emet bilvavo.

**לְעוֹלָם** יְהֵא אָדָם יִרְא שָׁמַיִם  
בְּסֵתֶר וּבְגָלוֹי,  
וּמוֹדֶה עַל הָאֱמֶת,  
וְדוֹבֵר אֱמֶת בִּלְבָבוֹ.

**ALWAYS**, may each person revere God  
in private and in public,  
acknowledge the truth aloud,  
and speak it in one's heart.

**לְעוֹלָם** יְהֵא אָדָם *L'olam y'hei adam . . . Always, may each person . . . Tanna D'vei Eliyahu Rabba, Ch. 21*

**נְסִיִּים בְּכָל יוֹם**  
NISIM B'CHOL YOM — FOR DAILY MIRACLES

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,

roka haaretz al hamayim.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

*For firm earth to  
stand upon*

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who stretches the earth over the waters.

Baruch atah, Adonai

Eloheinu, Melech haolam,

hameichin mitzadei gaver.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמַּיְכִין מִצְדֵּי גָבֵר.

*For the gift of  
motion*

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who strengthens our steps.

Baruch atah, Adonai

Eloheinu, Melech haolam,

malbish arumim.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרֻמִּים.

*For clothing  
the body*

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who clothes the naked.

Baruch atah, Adonai

Eloheinu, Melech haolam,

hanotein laya-eif ko-ach.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַנוֹתֵן לַיָּעִף כֹּחַ.

*For renewed  
enthusiasm for life*

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who gives strength to the weary.

Baruch atah, Adonai

Eloheinu, Melech haolam,

hamaavir sheinah mei-einai,

ut'numah mei-afapai.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמַּעֲבִיר שְׁנָה מֵעֵינַי,  
וְהַנּוֹמָה מֵעַפְעָפִי.

*For reawakening*

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who removes sleep from the eyes, slumber from the eyelids.