

# Three Blessings to Start Your Day

*my* JEWISH LEARNING

## *Modeh Ani*

This blessing is recited upon opening one's eyes.

Males recite:

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי	<i>Modeh ani l'fanecha,</i>
וְקַיָּם שְׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי	<i>melech chai v'kayam,</i>
בְּחֶמְלָה רַבָּה אֶמוּנָתְךָ	<i>shehechezarta bi nishmati</i>
	<i>b'chemla, raba emunatecha</i>

### ENGLISH TRANSLATION

I thank You, living and enduring King, for You have graciously returned my soul within me. Great is Your faithfulness.

Females recite:

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי	<i>Modah ani l'fanecha,</i>
וְקַיָּם שְׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי	<i>melech chai v'kayam,</i>
בְּחֶמְלָה רַבָּה אֶמוּנָתְךָ	<i>shehechezarta bi nishmati</i>
	<i>b'chemla, raba emunatecha.</i>

### ENGLISH TRANSLATION

I thank You, living and enduring King, for You have graciously returned my soul within me. Great is Your faithfulness.

## *Elohai Neshama*

Some Jews choose this blessing as the first thing they recite when opening their eyes.

אֱלֹהֵי נִשְׁמָה שְׁנַתַּת בִּי טְהוֹרָה	<i>Elohai neshamah</i>
הִיא. אַתָּה בְּרָאתָ אֶתָּה	<i>sh'natata bi tehora hi. Ata</i>
יִצְרַתָּה אֶתָּה נִפְחַתָּה בִּי וְאַתָּה	<i>barata, ata yatzarta, ata</i>
מִשְׁמְרָה בְּקִרְבִּי. וְאַתָּה עֹתִיד	<i>nafachta bi v'ata mishmara</i>
לְטָלָה מִמֶּנִּי וְלִהְחַזִּירָה בִּי	<i>b'kirbi. V'ata atid litla mimeni</i>
לְעֹתִיד לְבֹא. כָּל זְמַן שֶׁהַנִּשְׁמָה	<i>u'l'hachazirah bi l'atid lavo.</i>
בְּקִרְבִּי מוֹדָה אֲנִי לְפָנֶיךָ ה'	<i>Kol zman shehan'shama</i>
אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל	<i>b'kirbi modeh ani l'fanecha</i>
הַמַּעֲשִׂים אֲדוֹן כָּל הַנִּשְׁמוֹת:	<i>Elohai v'Eilohei avotai,</i>
בְּרוּךְ אַתָּה ה' הַמַּחְזִיר נִשְׁמוֹת	<i>Ribon kol hama'asim, Adon</i>
לְפָגְרִים מֵתִים	<i>kol han'shamot. Baruch ata</i>
	<i>Adonai hamachazir n'shamot</i>
	<i>lifgarim meitim.</i>

### ENGLISH TRANSLATION

*My God, the soul that you have given me is pure. You created it, You formed it, You breathed it into me and You preserve it within me. You will one day take it from me, and restore it in me in the time to come. As long as my soul is within me, I give thanks to You, Adonai my God and God of my ancestors, Master of all creatures, Lord of all souls. Blessed are You, Adonai, who restores souls to dead bodies.*

## *Netilat Yadayim*

This is the traditional blessing for a ritual hand washing, which some Jews do first thing in the morning. Start by filling a cup with water and pouring the water over each hand three times. Then recite:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ	<i>Baruch ata Adonai Eloheinu</i>
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	<i>melech ha'olam asher</i>
וְצִוָּנוּ עַל נְטִילַת יָדַיִם	<i>kideshanu b'mitzvotav</i>
	<i>v'tzivanu al netilat yadayim.</i>

### ENGLISH TRANSLATION

*Blessed are you, Lord our God, ruler of the universe, who has sanctified us with commandments and commanded us to wash the hands.*