



DIY Video Series Supplement – *Gratitude*

BLESSING UPON WAKING – Modeh/Modah Ani

מוֹדֶה [מוֹדָה] אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ

Modeh/Modah ani lifanecha, Melech chai v'kayam, shehechezarta bi nishmati b'chemlah rabbah emunatecha.

I give thanks before You, Eternal Ruler, for You have mercifully restored my soul within me;
Your faithfulness is great.

BLESSING FOR SEEING NATURAL WONDERS

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֹשֶׂה מַעֲשֵׂה בְּרִאשִׁית

Baruch Atah Adonai, Eloheinu Melech ha'olam, oseh ma'aseh b'reishit.

Blessed, are You, Adonai our God, Sovereign of the universe, Maker of the works of creation.

BLESSING UPON HEARING GOOD NEWS

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַטוֹב וְהַמֵּיטִיב

Baruch Atah Adonai Eloheinu melech ha'olam, hatov v'hameiteiv.

Blessed, are You, Adonai our God, Sovereign of the universe, who is good and causes good.

BLESSING FOR DOING SOMETHING FOR THE FIRST TIME - Shehechayanu

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהַגִּיעָנוּ לְזִמְמָן הַזֶּה

Baruch Atah, Adonai Eloheinu, Melech ha'olam, shehechayanu, v'kiy'manu, v'higiyanu laz'man hazeh.

Blessed are You, Adonai our God, Sovereign of the Universe, who has granted us life, sustained us and enabled us to reach this season.

**Brought to you with gratitude
from the Spirituality Committee and clergy.**