

MAY MY LIFE be one link in a chain of goodness.
As I say the prayers of my ancestors,
help me to recall their devotion and faithfulness,
their joy and suffering, which are in every word.
Holiness is my heritage, may I be worthy of it.

May our tradition live in me
and pass from me to generations I shall never know,
enriched by the truth that I have found
and the good deeds I have done.
So may I fulfill my task on earth and receive my blessing.

And when the service ends and the prayers have ceased,
help me to bring their spirit into the world in which I live.
May I love God above all, and my neighbor as myself,
and be a living witness to the truth that never changes.

בְּרָכוֹת הַשַּׁחַר

BIRCHOT HASHACHAR — MORNING BLESSINGS

MODEH / MODAH ani l'fanecha,
Melech chai v'kayam,
she-hechezarta bi nishmati b'chemlah,
rabbah emunatecha.

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,
מֶלֶךְ חַי וְקַיִם,
שֶׁהֶחֱזַרְתָּ בִּי נְשָׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתְךָ.

מוֹדָה / מוֹדָה אֲנִי
Modeh / Modah Ani

I OFFER THANKS to You,
ever-living Sovereign,
that You have restored my soul to me in mercy:
How great is Your trust.

תורת משה
בית המדרש
בבני ברק