

## PASSAGE 1 – MODEH ANI

*Immediately upon awaking, recite this short prayer:*

**I** offer thanks to you, living and eternal King, for You have mercifully restored my soul within me; Your faithfulness is great.

מְּוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם.  
שֶׁחָחַזַרְתָּ בִּי נְשַׁמְתִּי בְּחַמְלָה.  
רַבָּה אֱמוּנָתְךָ:

## PASSAGE 2 – NETILAT YADAYIM

*After waking up and getting dressed, before eating or reciting prayers, it is appropriate to wash your hands in the following manner:*

- o *Remove any removable objects from your hand, such as a ring (or dirt).*
- o *Fill a washing cup with water.*
- o *Pour it over the right hand from wrist to fingertips.*
- o *Proceed to do the same over the left hand.*
- o *Repeat this procedure two additional times.*
- o *Those who are left-handed reverse the order, and begin with the left hand.*
- o *Dry your hands. Then recite the blessing:*

**B**lessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us concerning the washing of the hands.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

### PASSAGE 3 – ASHER YATZAR

The following blessing is recited after the ritual washing of the hand:

**B**lessed are You, L-rd our G-d, King of the universe, who formed man with wisdom, and created within him many orifices and cavities. It is revealed and known before the throne of Your glory that if but one of them were to be blocked, or one of them were to be opened, it would be impossible to exist even for a short while. Blessed are You, L-rd, who heals all flesh and performs wonders.

ברוך אתה ה', אלקינו מלך  
העולם, אשר יצר את האדם  
בחכמה. וברא בו נקבים ונקבים.  
חלולים חלולים. גלוי וידוע לפני  
כסא כבודך, שאם יסתם אחד מהם,  
או אם יפתח אחד מהם, אי אפשר  
להתקיים אפלו שעה אחת. ברוך  
אתה ה', רופא כל בשר ומפליא  
לעשות.

### PASSAGE 4 – A SAMPLING OF MORNING BLESSINGS

*After reciting Asher Yatzar (and the Elohai Neshamah prayer, which can be found in the prayer book), we recite a number of short blessings of gratitude. The following are the first four in the series; the remainder can be found in the prayer book. It is customary to stand during the recitation.*

**B**lessed are You, L-rd our G-d, King of the universe, who gives the rooster understanding to distinguish between day and night.

**B**lessed are You, L-rd our G-d, King of the universe, who opens the eyes of the blind.

**B**lessed are You, L-rd our G-d, King of the universe, who releases the bound.

ברוך אתה ה', אלקינו מלך  
העולם, הנותן לשכוי בינה  
להבחין בין יום ובין לילה:

ברוך אתה ה', אלהינו מלך  
העולם, פוקח עורים:

ברוך אתה ה' אלקינו מלך  
העולם, מתיר אסורים:

**B**lessed are You, L-rd our G-d, King of the universe, who straightens the bowed.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, זֹקֵף כְּפוּפִים:

## PASSAGE 5 – BLESSINGS ON THE TORAH

*Each morning, we recite three blessings about our Torah heritage, and the privilege that we have to study it and pass it along to the next generation.*

**B**lessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us concerning the words of Torah.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל דְּבָרֵי תוֹרָה.

**L**-rd our G-d, make the teachings of Your Torah pleasant in our mouths, and in the mouths of Your entire people, the House of Israel; and may we, our children, and the children of Your entire people the House of Israel all be knowers of Your Name and students of Your Torah for its own sake. Blessed are You, L-rd, who teaches the Torah to His people Israel.

הָעֶרֶב נָא ה' אֱלֹהֵינוּ אֶת דְּבָרֵי  
תוֹרָתְךָ בְּפִינוּ, וּבְפִי כָל עַמְּךָ בֵּית  
יִשְׂרָאֵל, וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ,  
וְצִאֲצָאֵי כָל עַמְּךָ בֵּית יִשְׂרָאֵל, כְּלָנוּ  
יֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמָּה.  
בְּרוּךְ אַתָּה ה', הַמְלַמֵּד תוֹרָה לְעַמּוֹ  
יִשְׂרָאֵל:

**B**lessed are You, L-rd our G-d, King of the universe, who has chosen us from among the nations and given us His Torah. Blessed are You, L-rd, who gives the Torah.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל  
הָעַמִּים, וְנָתַן לָנוּ אֶת תוֹרָתוֹ. בְּרוּךְ  
אַתָּה ה', נוֹתֵן הַתּוֹרָה:

## PASSAGE 6 – THE WRITTEN AND ORAL TORAH

After these three blessings, we proceed to perform the mitzvah of Torah study by reciting the following two passages—one from the Written Torah and the second from the Mishnah/Talmud.

And the L-rd spoke to Moses, saying:  
Speak to Aaron and to his sons, saying:  
Thus shall you bless the children of  
Israel. Say to them:

May the L-rd bless you and guard you.

May the L-rd make His countenance shine  
upon you and be gracious to you.

May the L-rd turn His countenance toward  
you and grant you peace.

And they shall set My name upon the children  
of Israel, and I shall bless them.

These are the precepts for which no  
fixed measure is prescribed: Leaving  
the crops of the edge of the fields  
for the poor, the gift of the first fruits, the  
pilgrimage offerings brought when appearing  
before the L-rd on the three festivals, deeds of  
kindness, and the study of Torah.

These are the precepts, the fruits of which man  
enjoys in this world, while their principal [re-  
ward] remains in the world to come: Honoring  
one's father and mother, performing deeds  
of kindness, early attendance at the House  
of Study morning and evening, hospitality to  
strangers, visiting the sick, dowering the bride,  
escorting the dead, concentration in prayer,  
bringing peace between man and his fellow  
man and between husband and wife. And the  
study of Torah is equivalent to them all.

וַיְדַבֵּר ה' אֶל מֹשֶׁה לֵאמֹר: דַּבֵּר  
אֶל אַהֲרֹן וְאֶל בְּנָיו לֵאמֹר, כֹּה  
תְבָרְכוּ אֶת בְּנֵי יִשְׂרָאֵל, אָמוּר  
לָהֶם:  
בְּרַכֵּה ה' וַיִּשְׁמְרֶהָ:  
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶה:  
יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לָךְ שְׁלוֹם:  
וְשָׂמוּ אֶת שְׁמִי עַל בְּנֵי יִשְׂרָאֵל וְאָנִי  
אֲבָרְכֶם:

אֵלוּ דְבָרִים שָׂאִין לָהֶם שְׁעוֹר,  
הַפָּאָה, וְהַבְּכוּרִים, וְהַרְאִיוֹן,  
וְגַמְלֵלוֹת חֲסָדִים, וְתַלְמוּד תּוֹרָה:  
אֵלוּ דְבָרִים שָׂאֲדָם אוֹכֵל פְּרוֹתֵיהֶם  
בְּעוֹלָם הַזֶּה וְהַקָּרָן קִימַת לְעוֹלָם  
הַבָּא: וְאֵלוּ הֵן, כְּבוֹד אָב וְאָם,  
וְגַמְלֵלוֹת חֲסָדִים, וְהַשְׁכַּמַת בֵּית  
הַמְדָּרֵשׁ שְׁחָרִית וְעֶרְבִית, וְהַכְנָסַת  
אוֹרְחִים, וּבִקּוּר חוֹלִים, וְהַכְנָסַת  
כֶּלֶה, וְהַלְוִיַת הַמֵּת, וְעִיּוֹן תַּפְּלָה,  
וְהַבָּאת שְׁלוֹם שְׂבִין אָדָם לַחֲבֵרוֹ,  
וּבִין אִישׁ לְאִשְׁתּוֹ, וְתַלְמוּד תּוֹרָה  
כְּנֻגַד כָּלָם: