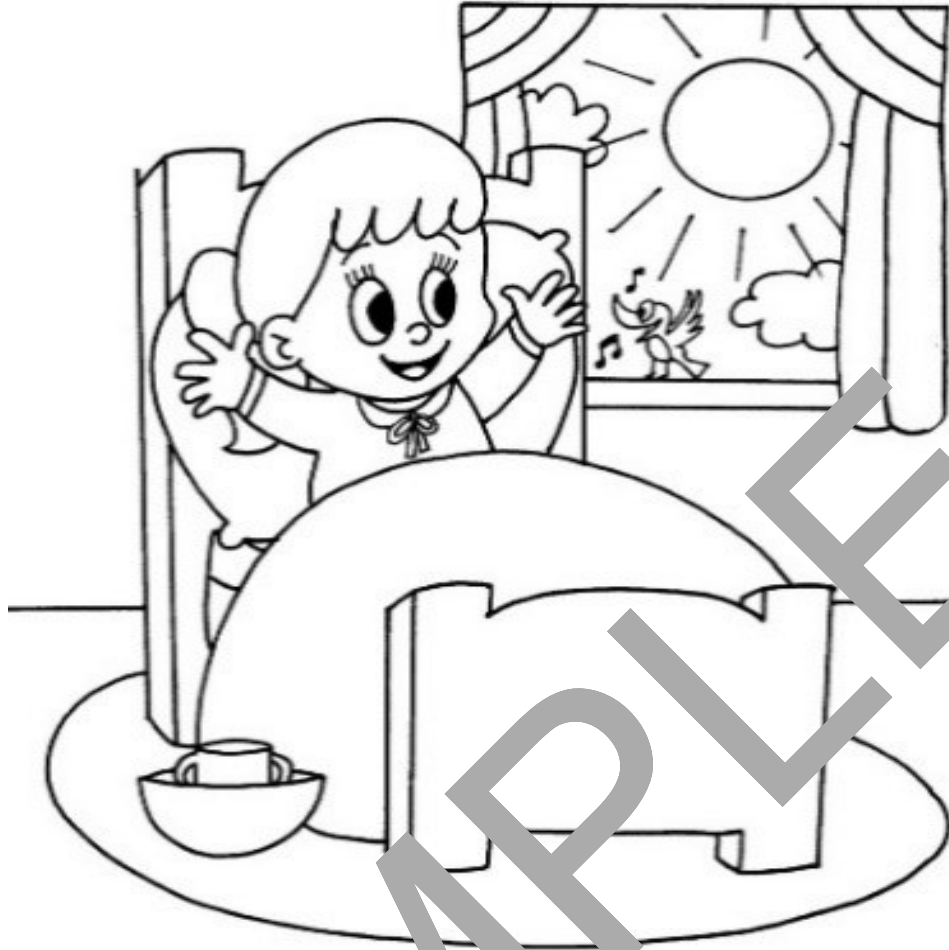


השכמת הבוקר ~ מודה אני

I offer thanks to you	מוֹדָה אֲנִי לְפָנֶיךָ
Living and eternal King	מֶלֶךְ חַי וְקַיִם
For you have returned my soul to me	שֶׁהַחַיְיוֹת שֶׁבְּשִׁמְתִי בְּחַמְלָה
Your faithfulness is great.	רַבָּה אֱמוּנָתְךָ.

- ✓ There is no mention of Hashem's name in Modeh Ani. Therefore, we can say it before washing our hands in the morning.
- ✓ While we sleep, Hashem cleans our Neshamah and returns it to us in the morning. This helps us believe in Techiyat Hameitim.
- ✓ We may or may not believe in ourselves, but Hashem believes in us. Start the day with thanking Hashem for His faith in us.

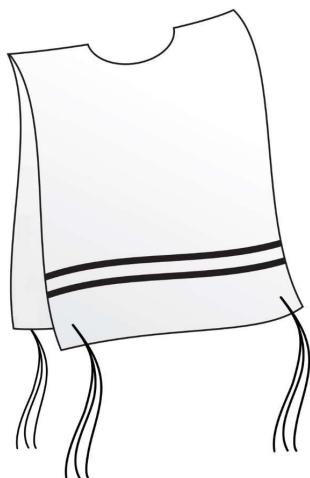


SAMPLE

ברכות השחר ~ ברכת ציצית

Blessed are You Hashem	בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
Who made us holy with His Mitzvot	אֲשֶׁר קָדְשָׁנוּ בְּמִצְוֹתָיו
Commanding us to wear Tzitzit.	וְצִיצִית לְבָשָׁנוּ מִצְוַת צִיצִית:

- ✓ The commandment to place tzitzit (fringes) on the corners of one's garments is discussed twice in the Torah: once in the book of Bamidbar, at the conclusion of Parshat Shelach, and again in the book of Devarim, in Parshat Ki Teitzei where it says: "You shall make for yourself twisted threads on the four corners of your garment with which you cover yourself."
- ✓ The Midrash tells us that the Hebrew word Tzitzit has the gematria (numerical value) of 600 + the 5 knots + the 8 strings = 613. Wearing Tzitzit reminds boys and men to keep the 613 Mitzvot of the Torah.



ברכות השחר ~ אדון עולם

Master of the world who ruled before creation.	אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ. בְּטָרָם כָּל יְצוֹר נִבְרָא:
By His will all things were made, proclaimed King.	לְעֵת נַעֲשׂוּ כָחֻצּוֹ כָּל. אֲזִי מֶלֶךְ שְׁנֵי וְיִקְרָא:
& after everything will cease to be, He'll reign alone.	וְאַחֲרַי כִּכְיָהּ וְכָל. לְבָדוֹ יִמְלֶךְ נִוְרָא:
He was, He is, & He shall be in glory.	וְהוּא הָיָה וְהוּא הוֹנֶה. וְהוּא יִהְיֶה בְּהַפְאָרָה:
He is one, & there is no other to compare to Him.	וְהוּא אֶחָד וְאֵין שֵׁנִי. לְהַמְשִׁי לוֹ לְהַחְבִּירָה:
Without beginning or end, power belongs to Him.	בְּלִי רֵאשִׁית בְּלִי תַכְלִית. וְלוֹ הַעֲזָרָה וְהַמְשָׁרָה:
He is my G-d & strength in time of distress.	וְהוּא אֵלַי וְחֵי גּוֹאֲלִי. וְצוֹר חֻבְלִי בְּעַת צָרָה:
He is my helper and my refuge.	וְהוּא נָסִי וּמְנוּס לִי. מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא:
Into His hand I trust my spirit when I sleep & wake.	בְּיָדוֹ אֶפְקִיד רוּחִי. בְּעַת אִישׁוֹן וְאַעִירָה:
With my soul & body, He's with me, I won't fear.	וְעַם רוּחִי גֹיְתִי. ה' לִי וְלֹא אֵירָא:

- ✓ The Adon Olam is written in rhyme, very holy and dates to ancient times.
- ✓ One of the names of Hashem used here, reflects the idea that He was, is and always will be above the limitations of time.
- ✓ Some suggest that we recite Adon Olam at the start of Shacharit as a memorial to Avraham Avinu, since Avraham established Shacharit and was the first to refer to Hashem as "Adon" – master.

