

Temple Israel Bet Class Kabbalat Sidur

Modeh Ani: Thank You for a new day

I open one eye, I open two, I say Modeh Ani, which means “Thank You”.

I thank God for a brand new day, and this is what I say:

מוֹדָה \ מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁהֵחֵזַרְתָּ בִּי נְשִׁמָּתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ.

*Modeh/Modah Ani l'fanecha, melech chai v'kayam,
shehechezarta bi nishmati b'chemla, raba emunatecha*

I am thankful before You, living ruler, that you kindly returned my soul to me.
Your faithfulness is great.

Ma Tov: Upon entering a sanctuary

מָה טוֹבוֹ אֶהְלִיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Ma Tov ohalecha Ya'akov, mish'k'notecha Yisra'eil

How goodly are your tents, Jacob, your dwelling places, Israel!

Psalm 150: Praising God with Music

הַלְלוּ-ה', הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרִקְיעַ עֲזָו.
הַלְלוּהוּ בְּגִבּוֹרֹתָיו, הַלְלוּהוּ כְּרֹב גִּדְלוֹ.
הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.
הַלְלוּהוּ בְּתוֹף וּמַחֹל, הַלְלוּהוּ בְּמִנִּים וְעִגָּב.
הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
כָּל הַנְּשָׁמָה תְהַלֵּל י-ה הַלְלוּ-ה'.

Hal'luyah! Hal'lu Eil b'kodsho, hal'luhu birki'a uzo.

Hal'luhu bigvurotav, hal'luhu k'rov gudlo.

Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinor.

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav.

Hal'luyah b'tsil'ts'lei shama, Hal'luyah b'tsil'ts'lei tru'a

Kol han'shama t'haleil Yah, Hal'luyah Kol han'shama t'haleil Yah, Hal'luyah

Hal'luyah! Praise God in the sanctuary, praise God in the awe-inspiring heavens.

Praise God for the mighty deeds, praise God for infinite greatness.

Praise God with the shofar call, praise God with harp and lyre.

Praise God with drum and dance, praise God with flute and strings.

Praise God with crashing cymbals, praise God with resounding cymbals.

Let every breath of life praise God. Hal'luyah!

1st blessing before Sh'ma: Thanking God for the World
אור חדש על ציון תאיר, ונזכה כלנו מהרה לאורו.
Or chadash al Tsiyon ta'ir, v'nizkeh chulanu m'heira l'oro

May a new light shine on Zion. May we all soon be worthy of its light.

2nd blessing before Sh'ma: Thanking God for the Torah
והאר עינינו בתורתך, ודבק לבנו במצותיך,
ויחד לבבנו לאהבה וליראה את שמך.

*V'ha'eir eineinu b'Toratecha, V'dabeik libeinu b'mitsvotecha
V'yacheid l'vaveinu l'ahava ul'yir'a et sh'mecha*

Cause our eyes to shine with your Torah, and our hearts to stick to your mitzvot.
Unite our hearts to love and revere Your name.

Sh'ma: (Deuteronomy 6:4)

שמע ישראל, ה' אלהינו, ה' אחד.

Sh'ma Yisrael: Adonai Eloheinu, Adonai echad.

Hear, O Israel, Adonai is our God, Adonai is one.

Baruch Sheim (said in a whisper)

ברוך שם כבוד מלכותו לעולם ועד.

Baruch sheim k'vod malchuto l'olam va'ed

Praised be God's glorious sovereignty throughout all time.

V'ahavta: (Deuteronomy 6:5-9)

ואהבת את ה' אלהיך בכל לבבך ובכל נפשך ובכל מאדך;
והיו הדברים האלה אשר אנכי מצוה היום על לבבך;
ושננתם לבניך ודברת בם בשבתך בביתך ובליכתך בדרך ובשכבך
ובקומך: וקשרתם לאות על ידך והיו לטופת בין עיניך;
וכתבתם על מזוזות ביתך ובשעריך:

*V'ahavta eit Adonai Elohecha b'chol l'vav'cha uvchol naf'sh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh
asher anochi m'tzav'cha hayom al-l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shiv't'cha b'veitecha
uvlech't'cha vaderech, uvshoch'b'cha uvkumecha. Uk'shartam l'ot al-yadecha v'hayu l'totafot bein einecha.
Uchtavtam al-m'zuzot beitecha uvish'arecha.*

You shall love Adonai your God with all your heart, with all your soul, and with all your might. And these words, which I command you this day, you shall take to heart. Teach them to your children, and speak of them when you return home and when you go on your way, when you lie down and when you get up. Bind them as a sign upon your hand, and as a reminder between your eyes. Inscribe them on the doorposts of your homes and upon your gates.