

# נְטִילַת יָדַי

בְּרוּךְ אַתָּה יי  
בְּמַצּוֹתַי, וְצוּנְ

uide, who has  
ig us to wash

# אֲשֶׁר יִצַּר

בְּרוּךְ אַתָּה יי  
אֶת־הָאָדָם בּוֹ  
חֲלוּלִים חֲלוּלִים  
שָׂאֵם יִפְתַּח אֶ  
אֶפְשָׁר לְהִתְקַ  
רוּפֵא כָּל־בֶּשָׂר

uide, who  
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hem is blocked  
ne impossible  
ou, Adonai,  
ways.

# מודה אני Modeh Ani

מודה/מודה אני לפניך, מלך חי וקים, שהחזרת  
בי נשמתִי בחמלה, רבה אמונתך.

Thank you, God, for giving me this day,  
for returning my soul to me with care.  
It is morning. I am glad I am alive.  
I can always trust You.

With the dawning of a new day, I have a chance to start anew. Yesterday might have been wonderful, difficult, or something in between. Today there are new possibilities: my outlook, my mood, my activities, and my actions can all be different than yesterday. One thing I am hoping for today is...

