

*expressing our awareness that each day  
is a new gift from God*

- 1 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לַשָּׁכּוֹי בִּינָה  
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.
- 2 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעָשָׂנִי בְּצִלְמוֹ.
- 3 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעָשָׂנִי יִשְׂרָאֵל.
- 4 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעָשָׂנִי בֶן / בַּת-חֹרִין.
- 5 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֲוֹנוֹת.
- 6 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְלַבֵּשׁ עֲרֻמִּים.
- 7 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.
- 8 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.
- 9 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.
- 10 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁעָשָׂה לִי כָל-צָרָתִי.
- 11 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִּין מִצְעָדֵי-גִבּוֹר.
- 12 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.
- 13 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה.
- 14 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לִיעָף כֹּחַ.

### Praised are You, Adonai our God...

- **Who gave the rooster understanding...**

Thanks for wisdom to tell light from dark, and for the guidance to live with awareness and truth.

- **Who made me in Your image.**

Thanks for the dignity and sacredness given to every person, reminding us to treat all with respect and compassion.

- **Who made me a Jew.**  
Gratitude for being part of the Jewish people and entrusted with living by the Torah.
- **Who made me free.**  
Thanks for the gift of freedom that allows us to learn, grow, and follow God's ways.
- **Who gives sight to the blind.**  
Thanks for the gift of vision—both to see the world and to find spiritual purpose.
- **Who clothes the naked.**  
Thanks for the dignity of clothing, and a reminder to help provide for others in need.
- **Who releases the imprisoned.**  
Gratitude for freedom each morning, including freedom from inner struggles that hold us back.
- **Who straightens the bent.**  
Thanks for the strength to rise each day and for God's help in facing life's challenges.
- **Who spreads the earth over the waters.**  
Thanks for the ground beneath us and the order God gives to the world.
- **Who provided me with all of my needs.**  
Gratitude for life's essentials—both physical and emotional—that allow us to thrive and share with others.
- **Who prepares our steps.**  
Thanks for God's guidance as we walk through life, giving direction and calm.
- **Who girds Israel with might.**  
Thanks for the strength and resilience God gives us to face challenges.
- **Who crowns Israel with glory.**  
Gratitude for the honor and purpose God gives us as individuals and as a people.
- **Who gives strength to the weary.**  
Thanks for the divine strength that carries us when our own energy runs out.

