

DAILY PRAYERS

Morning Modeh/Modah Ani

We are taught that our first words when we wake up in the morning, while we are still lying in bed, should be: Modeh (Modah) ani l'fanecha (I thank you). The opening words of this prayer help set the tone for our daily actions and remind us to reflect on the reason that God grants us another day. Consider memorizing them with young children or keeping a copy next to the bed.

מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁהַחַיָּוִת בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֶמְנָתְךָ.

Modeh/Modah ani l'fanecha, Melech chai v'kayam, shehechezarta bi nishmati b'chemlah, rabbah emunatecha.

I offer thanks to You, ever-living Sovereign, that You have restored my soul to me in mercy: Your trust is great.

Bedtime Sh'ma

Just as the Modeh Ani sets the tone for the day ahead, reciting the Sh'ma at night helps us reflect on our day's accomplishments. Making it a part of your bedtime routine can make it a more personal and meaningful experience.

Recite with your eyes closed:

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

Recite in a whisper:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.