

MODAH ANI / ASHER YATZAR

FROM BIRKOT HA-SHAHAR (MORNING BLESSINGS)

I give thanks to You, מוֹדָה אֲנִי לְפָנֶיךָ,
Living and Enduring Ruler, מְלֶכֶד חַי וְקַיִם,
For You have restored my soul with mercy, שְׁהַחַיְתָּ בִּי נַשְׁמָתִי בְּחַמְלָה,
Great is Your faithfulness. רַבָּה אֱמוּנָתְךָ.

Blessed are You, *Adonai*, our God, בְּרוּךְ אַתָּה ה'
Ruler of the universe, אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם,
For creating human beings wisely, אֲשֶׁר יָצַר אֶת הָאָדָם בְּחַכְמָה,
For making for us all the open passageways, וַיִּבְרָא בּוֹ נְקֻבִים נְקֻבִים,
And enclosed organs of the body. חֲלוּלִים חֲלוּלִים.
Your careful design is known to all, גְּלוּי וַיִּדְוַע לְפָנֶי כֶּסֶף כְּבוֹדְךָ,
For if even one of the organs were to open, שָׂאֵם יִפְתַּח אֶחָד מֵהֶם,
Or one of the passageways were to close, אוּ יִסְתַּם אֶחָד מֵהֶם,
One could not stay alive אִי אֶפְשֶׁר לְהִתְקַיֵּם
Or stand before You. וּלְעֲמוֹד לְפָנֶיךָ.