

Modeh Ani

Immediately upon waking up, say:

מוֹדָה אֲנִי לְפָנֶיךָ,	Modeh ani l'fânechâ,
מֶלֶךְ חַי וְקַיִם,	Melech chai v'kayâm,
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה	she'heh'chezartâ bi nishmâti b'chemlâ.
רַבָּה אֱמוּנָתְךָ.	Rabâ emunâ'techâ.

I gratefully thank You, O living and eternal King, for
You have returned my soul within me, with compassion.
Abundant is your faithfulness.

Washing Hands

בְּרוּךְ אַתָּה יְהוָה	Bâruch Atâ Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hâ'olâm,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	asher kidishânu bi'mitzvo'tâv,
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.	vi'tzivânu al netilat yâdâyim.

Blessed are You, God, our Lord, King of the universe,
Who has sanctified us with His commandments,
and commanded us regarding washing the hands.

Asher Yatzar

After using the bathroom, wash your hands and say:

בָּרוּךְ אַתָּה יְהוָה	Bâruch Atâ Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hâ'olâm,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,	asher yâtzar et hâ'âdâm b'châchmâ,
וּבְרָא בּוֹ נִקְבִּים וְנִקְבִּים	u'vârâ voe n'kâvim n'kâvim
חַלּוּלִים חַלּוּלִים.	chalulim chalulim.
גָּלוּי וַיְדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ,	Gâlui v'yâdu'ah lifnei chisei ch'voe'decha,
שָׂאֵם יִפְתַּח אֶחָד מֵהֶם,	she'im yipâ'taye'ach echâd may'hem,
אוֹ יִסְתֵּם אֶחָד מֵהֶם,	oe yisâ'tame echâd may'hem,
אֵי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.	ee efshar l'hit'kayaim v'la'amode l'fânechâ.
בָּרוּךְ אַתָּה יְהוָה	Bâruch Atâ Adonoy,
רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.	rofoy chol bâsâr u'mafli la'asote.



Blessed are You, Lord our God, King of the universe,

Who fashioned man with wisdom, and created

within him many openings and many cavities.

It is obvious and known before Your throne of glory,

that if but one of them were to be ruptured,

or but one of them were to be blocked, it would

be impossible to survive and to stand before You.

Blessed are You, God, Who heals all flesh and acts wondrously.