

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

For awakening

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לַשֶּׁכֶׁוֹ בִּינָה
לְתַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has given the mind the ability to distinguish day from night.

For vision

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
פוֹקֵחַ עֵינִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who opens the eyes of the blind.

For the ability
to stretch

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who frees the captive.

For rising to the
new day

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who lifts up the fallen.

אֲשֶׁר נָתַן לַשֶּׁכֶׁוֹ בִּינָה *asher natan lasechvi v'binah*... who has given the mind the ability... In *B'rachot 60b*, this is to be recited upon hearing the rooster crow at sunrise; it cites Job 38:36, "Who gave understanding to the mind?" We marvel at the order of creation and the natural "clock" implanted within God's creatures.

פוֹקֵחַ עֵינִים *pokei-ach ivrim*... who opens the eyes... In *B'rachot 60b*, this is to be recited upon opening our eyes in the morning. Metaphorically, we are grateful for vision.

מַתִּיר אֲסוּרִים *matir asurim*... who frees the captive... In *B'rachot 60b*, this is to be recited upon stretching and sitting up in bed. We are grateful for the ability to stretch ourselves.

זוֹקֵף כְּפוּפִים *zokeif k'fufim*... who lifts up the fallen... In *B'rachot 60b*, this is to be recited upon straightening up to get out of bed. We are grateful for the ability to stand erect.

פְּרוּשׁ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

For firm eai
stand us

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who stretches the earth over the waters.

פְּרוּשׁ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמְכִּין מֵאֲעֲדֵי גִבּוֹר.

For the gift of
motion

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who strengthens our steps.

פְּרוּשׁ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

For clothing
the body

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who clothes the naked.

פְּרוּשׁ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
חַנּוּתוֹ לַיָּעַף כָּח.

For renewed
enthusiasm for life

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who gives strength to the weary.

רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם *roka haaretz al hamayim* . . . *who stretches the earth over the waters* . . . In *Brachot 60b*, this is to be recited upon stepping onto the ground. We are grateful for the solid earth under our feet.

הַמְכִּין מֵאֲעֲדֵי גִבּוֹר *hameichin mitzadei gaver* . . . *who strengthens our steps* . . . In *Brachot 60b*, this is to be recited upon taking our first steps after getting out of bed. We are grateful for the ability to walk.

מַלְבִּישׁ עֲרֻמִּים *malbish arumim* . . . *who clothes the naked* . . . In *Brachot 60b*, this is to be recited upon getting dressed in the morning.

חַנּוּתוֹ לַיָּעַף כָּח *hanotein laya-eif ko-ach* . . . *who gives strength to the weary* . . . This is the only Morning Benediction not found in the Talmud; it appears for the first time in *Machzor Vitry* (12th century, Rhineland), and cites Isaiah 40:29: We are grateful for renewed strength and vigor each morning.

For reawakening

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַפּוֹעֵבִיר שְׁנָה מֵעֵינַי,
וְתוֹנֵמָה מֵעַפְעָפִי.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who removes sleep from the eyes, slumber from the eyelids.

For being in the
image of God

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי בְּצֶלֶם אֱלֹהִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who made me in the image of God.

For being
a free person

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי בֶן / בַּת חוֹרִין.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me free.

For being a Jew

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי יִשְׂרָאֵל.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me a Jew.

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הַפּוֹעֵבִיר שְׁנָה מֵעֵינַי *hamaavir sheinah mei-einai* . . . *who removes sleep from the eyes* . . . In *B'rachot* 60b, this is to be recited upon washing our faces, removing the last vestiges of sleep from our eyelids. We are grateful for wakefulness.

שֶׁעָשָׂנִי בְּצֶלֶם אֱלֹהִים *she-asani b'tzelem Elohim* . . . *who made me in the image of God* . . . A gender-neutral and humanistic variant of "who has made me a Jew" (in the Sephardic rite); cf. *M'nachot* 43b. It draws on the language of Genesis 1:27, ". . . in the divine image God created humankind." A spark of divinity is implanted within every human being.

שֶׁעָשָׂנִי בֶן / בַּת חוֹרִין *she-asani ben / bat chorin* . . . *who has made me free* . . . A gender-equalized, positively stated revision of "who has not made me a slave (*M'nachot* 43b)." Human beings were created with dignity, to be free.

שֶׁעָשָׂנִי יִשְׂרָאֵל *she-asani Yisrael* . . . *who has made me a Jew* . . . This variant of *M'nachot* 43b is found in the Sephardic rite. We are grateful to be Jews, having been entrusted with a divine task.

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

For purpose

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who girds Israel with strength.

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרֶת.

For harmony

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who crowns Israel with splendor.

END

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

לַעֲסוֹק
Laasok

BLESSED ARE YOU, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to engage with words of Torah.

In prayer, "Israel" often refers to the Jewish people.

אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה *ozeir Yisrael big'vurah* ... who girds Israel with strength ... In *Brachot 60b*, this is to be recited upon fastening one's belt. We are girded each morning with new strength.

עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרֶת *oteir Yisrael bit'farah* ... who crowns Israel with splendor ... In *Brachot 60b*, this is to be recited when putting on a hat or other headgear. We are crowned each morning with divine glory and presence.