



Session 1: The Morning Blessings- Gratitude and Identity

October 7, 2021 | 1 Cheshvan 5782

To follow along in the Siddur (prayer book) throughout this series, visit:

<https://www.ccarnet.org/publications/mishkan-tfilah-weekdays-shabbat-festivals/>

GRATITUDE

“[God’s kindnesses] are new every morning, how great is Your faithfulness (Lamentations 3:23). This verse teaches that every morning a person becomes a new creation, and they should give thanks with all their heart to the Source of Creation, blessed be God’s name, for their good fortune.

- *Kitzur Shulchan Aruch*

<p><i>Modeh Ani</i>- Jeff Klepper and Danny Frelander</p>	<p><i>Mishkan T'filah</i> p. 24</p>
<p><i>Modeh/ah ani l'fanecha</i> <i>Melech chai v'kayam</i> <i>Shehechezarta bi nishmati B'chemlah, b'chemlah</i> <i>Rabah emunatecha</i></p>	<p>מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֶמְוֶנְתֶּךָ: “I am grateful to you, God of life, for restoring my soul to me. How great is Your faithfulness.”</p>

BODY & SOUL

Shmirat HaGuf - taking care of your body - is viewed as a spiritual as well as a physical act. The wellbeing of the body has to be maintained as the vessel of the soul, the repository of that which most closely connects us with God. Our body is a gift from God, a divine creation which is to be respected, cherished and cared for as long as we are in this world. With awareness of *Shmirat HaGuf*, even the simplest activities, such as eating, walking, or washing one's hands, become acts of holiness.

- Rabbi Elyse Goldstein

<i>Asher Yatzar</i> - Dan Nichols	<i>Mishkan T'filah</i> p. 32
<p>I thank you for my life, my body and soul Help me realize I'm beautiful and whole I'm perfect the way I am and a little broken too I will live each day as a gift I give to You</p> <p><i>Baruch atah Adonai rofei chol basar umaflila'sot</i></p>	<p style="text-align: center;">בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְדֵּי הָעוֹלָם אֲשֶׁר יָצַר אֶת־הָאָדָם בְּחָכְמָה וּבְרָא בּוֹ נִקְבִּים נִקְבִּים חַלּוּלִים חַלּוּלִים גְּלוּי וְיָדוּעַ לִפְנֵי כִסֵּא כְבוֹדָךְ שָׂאם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמֹד לִפְנֵיךְ אֶפְיָלוּ שְׁעָה אַחַת. בְּרוּךְ אַתָּה יְהוָה רוֹפֵא כָּל־בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:</p> <p>“Blessed are You, Eternal One, Sovereign of the Universe, who formed humanity in wisdom, creating within [us] many pathways and passages. It is well known before You that were one of them to fail, we would not be able to endure and stand before You. Blessed are You, Eternal One, who heals all flesh and brings wonders into the world.”</p>

<i>Elohai</i> - Debbie Friedman	<i>Mishkan T'filah</i> p. 34
<p><i>Elohai Elohai n'shamah shenatatah bi t'horah hi</i></p> <p><i>Atah v'ratah atah y'tzartah atah n'fachtah bi</i> <i>V'atah m'shamrah, m'shamrah b'kirbi</i></p>	<p>“My God, the soul You have given me is pure. You created it, shaped it, and breathed it into me, always protecting it within me. For as long as my soul rests within me I will offer thanks to You, Eternal One, my God and God of my ancestors, Source of all Creation, Sovereign of all life. Praised are You, Adonai, in whose hand is every living soul and the breath of humanity.”</p>

IDENTITY

Birchot Hashachar (Morning Blessings) in *Mishkan T'filah*:

- | | |
|--|---|
| 1. Distinguishes day from night | 9. Removes sleep from the eyes,
slumber from the eyelids |
| 2. Opens the eyes of the blind | 10. Made me in the image of God |
| 3. Frees the captive | 11. Made me free |
| 4. Lifts up the fallen | 12. Made me a Jew |
| 5. Stretches the earth over the waters | 13. Girds Israel with strength |
| 6. Strengthens our steps | 14. Crowns Israel with splendor |
| 7. Clothes the naked | |
| 8. Gives strength to the weary | |

Birchot HaShachar (Morning Blessings) in *Sim Shalom* (Conservative):

- | | |
|---------------------------------|--|
| 1. Distinguishes day from night | 9. Stretches the earth over the waters |
| 2. Made me in the image of God | 10. Provided me with all that I need |
| 3. Made me a Jew | 11. Strengthens our steps |
| 4. Made me free | 12. Girds Israel with strength |
| 5. Opens the eyes of the blind | 13. Crowns Israel with splendor |
| 6. Clothes the naked | 14. Gives strength to the weary |
| 7. Frees the captive | 15. Who removes sleep from the eyes,
slumber from the eyelids |
| 8. Lifts up the fallen | |

Birchot HaShachar in Traditional Prayerbook (Ashkenazi):

- | | |
|--|--|
| 1. Distinguishes day from night | 9. Stretches the earth over the waters |
| 2. Made me a Jew (lit. "who did not
make me a Gentile") | 10. Provided me with all that I need |
| 3. Made me free (lit. "who did not make
me a slave") | 11. Strengthens our steps |
| 4. Made me a man (lit. "who did not
make me a woman") | 12. Girds Israel with strength |
| 5. Opens the eyes of the blind | 13. Crowns Israel with splendor |
| 6. Clothes the naked | 14. Gives strength to the weary |
| 7. Frees the captive | 15. Who removes sleep from the eyes,
slumber from the eyelids |
| 8. Lifts up the fallen | |