

## Modeh Ani

variant 1

מָזֵה (מוֹדָה) אַנְיִ בְּפָנֵי חַיִּים, דֶּרֶךְ חַיִּים  
שְׁמֻחָזָר עִם נִשְׁמַת חַמְלָה, וְרַבָּה אַמּוֹנוֹה.

Modeh (Modah) ani bifnei hayim, dereh hai v'kayam  
shemuhzar im nishmat hemlah, v'rabah emunah.

Modah is feminine.

variant 2

מָזֵה (מוֹדָה) אַנְיִ לְפָנֵי הַחַיִּים, מַהֲלָךְ חַיִּים  
שְׁהַחְזָרָה בֵּי נִשְׁמַת חַמְלָה, וְאַמּוֹנוֹה רַבָּה.

Modeh (Modah) ani lifney hahayim, mahalah hai v'kayam  
shehuhzerah bi nishmat hemlah, v'emunah rabah .

traditional version

מָזֵה (מוֹדָה) אַנְיִ לְפָנֵיךְ מֶלֶךְ חַיִּים  
שְׁהַחְזָרָתְּ בֵּי נִשְׁמַתְּ בְּחַמְלָה. רַבָּה אַמּוֹנָתְךָ:

Modeh (modah) ani lifaneha meleh hai v'kayam  
shehehezarta bi nishmahti b'hemlah, rabah emunateha.

I am grateful to face life, a path of living and lasting, as I am restored with a breath of compassion and abundant trust. (or confidence or optimism or hopefulness, etc.)

In this variation the Hebrew is changed and interpreted to express gratitude for facing the journey of life, with compassion and reverence, or the ability to feel comfortable in the world.

Intention here is to stress that “ *I am restored with a breath ...*” “Shemuhzar”, rather than saying my breath *has been* restored...as in V.2 below. A small distinction, but I prefer V.1.

“Abundant trust” means trusting that, as in the thought of Mordecai Kaplan, \*the universe is so constituted as to support our striving for fulfillment.\*

I am grateful to face life, a journey of living and lasting, as restored within me is a breath of compassion and abounding trust. with help from Eli Reshotko

In the Hebrew of this V.2 *shehuhzerah* is considered more grammatically correct, since it matches the form used in the traditional text. But I struggle with the interpretive translation. Here, the stress is more on my breath being restored, rather than as I have written in V.1, “I am restored with a breath...”.

I render thanks before thee, everlasting King, who hast mercifully restored my soul within me; thy faithfulness is great. (Daily Prayer Book, Siddur Ha-Shalem, Birnbaum, Hebrew Publishing Co., 1949)

Also: “*I gratefully thank You, O living and eternal King, for You have returned my soul within me with compassion - abounding is your faithfulness*”

(Artscroll Siddur Kol Ya'akov)

Modeh Ani is to be said immediately on arising in the morning.