

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai

Eloheinu, Melech haolam,
asher natan lasechvi vinah
l'havchin bein yom uvein lailah.

ברוך אתה, ייְהוָה,
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשֻׁכְנֵינוּ בֵּין
לְמַבְחִין בֵּין יוֹם וּבֵין לְילָה.

For awakening

Baruch atah, Adonai

Eloheinu, Melech haolam,
pokei-ach ivrim.

ברוך אתה, ייְהוָה,
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,
פֹזֵק עָוֹרִים.

For vision

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

Baruch atah, Adonai

Eloheinu, Melech haolam,
matir asurim.

ברוך אתה, ייְהוָה,
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַתִּיר אָסּוּרִים.

*For the ability
to stretch*

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

Baruch atah, Adonai

Eloheinu, Melech haolam,
zokeif k'fufim.

ברוך אתה, ייְהוָה,
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,
זָקֵף כְּפֻופִים.

*For rising to the
new day*

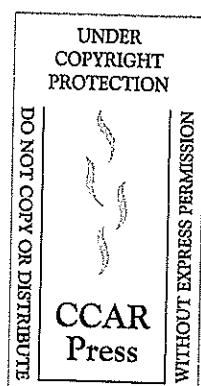
PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who lifts up the fallen.

Nisim b'chol yom . . . For daily miracles . . . These morning blessings evoke wonder at awakening to physical life: we open our eyes, clothe our bodies, and walk again with purpose; spiritual life also, we are created in God's image, are free human beings, and as Jews, celebrate the joy and destiny of our people, Israel.

Ashkenazi tradition places the "identity" blessings near the beginning; Maimonides puts them at the end.

Though they are intended literally, we may perceive each blessing spiritually.

Inspiration for blessings three to five comes from Psalm 146:7–8.



WITHOUT EXPRESS PERMISSION

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai
Eloheinu, Melech haolam,
roka haaretz al hamayim.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רֹקֵעַ הָאָרֶץ עַל הַמֵּימִינִים.

For firm earth to stand upon

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

Baruch atah, Adonai
Eloheinu, Melech haolam,
hameichin mitzadei gaver.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְּמַכֵּן מִצְעָדֵי גָּבָר.

For the gift of motion

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

Baruch atah, Adonai
Eloheinu, Melech haolam,
malbish arumim.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עָרָפִים.

For clothing the body

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

Baruch atah, Adonai
Eloheinu, Melech haolam,
hanotein laya-eif ko-ach.

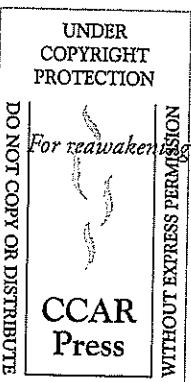
ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹּתֵן לִיעָרֶב כֶּתֶם.

For renewed enthusiasm for life

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

Baruch atah, Adonai
Eloheinu, Melech haolam,
hamaavir sheinah mei-einai,
ut'numah mei-afapai.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְּפַעֲבֵיר שְׁנָה מַעֲיָנִי וּתְנוּמָה מַעֲפָעִי.



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