

Prayers for Writing Iyyunim
Confirmation Service (Shavuot Afternoon)
Woodlands Community Temple

NISIM B'HOL YOM

Nisim b'Hol Yom is a series of brief prayers that express gratitude for everyday miracles. These "miracles" include: brains that think, eyes that see, freedom, strength, mobility, clothing, energy, alertness, spirituality.

DAILY BLESSINGS

נסים בכל יום

When ambiguity paralyzes me, give me, God, the ability to find the line between right and wrong.

When my life lacks purpose, let me hear Your call.

When I am afraid to stand alone or disagree, strengthen my will to be free.

When I shut my eyes to what frightens me, give me courage to see the truth.

When I feel vulnerable, wrap me in Your Presence.

When history traps me, release me from the prison of my past.

When the things I desire or possess weigh me down, help me recognize that which I truly need.

When I resist taking the next step, help me to know that You walk with me.

When failure or frustration wears me down, give me the strength to prevail.

When sleep seems easier than meeting the day, help me to engage with the world.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן
לְשִׁכּוֹי בַּיּוֹם, לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

*Ba-rukh a-ta Adonai, E-lo-hei-nu me-lekh ha-o-lahm, ah-shayr na-tahn la-sekh-vee
vee-nah, l'hahv-kheen beyn yom oo-veyn lai-lah.*

Blessed are You, Adonai our God, Sovereign of the universe, who has given the mind the ability to distinguish day from night.

— adapted from British siddur by Rabbi Margaret Wenig