ברכובות השחר
Morning blessings

Jewish liturgy for waking up and starting the day.
Hebrew prayers with adaptations, English translations, and original poetry.

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With deep gratitude.

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Thankful am I in your presence, spirit who lives and endures,
for you’ve returned my soul to me with compassion.
Abundant is your faith.

In these still, quiet moments
I am not asleep,
and not yet awake.

In the threshold of day and night,
with the mixture of darkness and light,
my body is once again coming to life.

I am reborn, each day,
from the womb of your compassion.
May all of my actions
be worthy of the faith you’ve placed in me.
With words of thanks I’ll greet the dawn.
All blessing flow from Yah, our God, life of the worlds.
We are renewed through the holiness of mitzvot,
and through the mitzvah of washing the hands.

One hand washes the other
with water, cool and clear,
in preparation for this brand new day.

Prepare these hands to do good work.
Prevent them from causing harm.
And may they bring forth blessings
of justice, love, and peace.
Asher Yatzar
For the body

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,
וּבָרָא בוֹ נְקָבִים נְקָבִים,
חֲלוּלִים חֲלוּלִים.

גָּלוּי וְיָדוּעַ לִפְנֵי כִּסֵּא כְבוֹדֶךָ,
שֶׁאִם יִפָּתֵחַ אֶחָד מֵהֶם,
אוֹ יִסָּתֵם אֶחָד מֵהֶם,
אִי אֶפְש ָר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are you, Eternal our God, majesty of all worlds,
who formed the human being with wisdom,
creating it with open openings
and hollow hollows.

It’s revealed and known before the throne of your glory,
that if one of these would burst,
or if one of these were blocked,
there’d be no way to exist or stand in your presence.

Blessed are you, Eternal One, healer of all flesh, who works wonders.

As I listen to the wisdom of the body,
feeling what’s present
here in this moment,
I am thankful for the miracles of life.
Elohai N’shamah

For the soul

My God, the soul you have given me is pure.
You created it, you formed it, you breathed it into me,
and you guard it within me.

For as long as my soul is within me, thankful am I in your presence,
Eternal One, my God, the God of my fathers, and the God of my mothers,
ruler of all creation, master of all souls.
Blessed are you, Eternal One,
for in your hand is the soul of all life and the spirit of all flesh.

This breath dwells deep inside.
It knows my inner self.
Emerging from these depths,
it explores the outer worlds:
flowing, dancing, animating,
and merging with other breaths.
Inner and outer worlds
are connected through this breath.
It’s pure—
mysterious and pure.
This holy breath inside me
is mysterious and pure.
Birkhot haShachar

Morning blessings

Blessings are present in this moment.
Blessings are present in this place.

May their presence be known
with every breath and step we take,
and may we wake up to the beauty of life.

כָּל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים
אֲשֶׁר נָתַן לַשֶּׂכְוִי בִּינָה לְהַבָּחִין בֵּין יוֹם וּבֵין לָיְלָה.
All blessings flow from Yah, our God, life of the worlds,
who has given the rooster understanding to distinguish day from night.

כָּל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים
שֶׁעָשַׂנִי בְּצֶלֶם אֱלֹהִים.
All blessings flow from Yah, our God, life of the worlds,
who has made me in the image of God.

כָּל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים
שֶׁעָשַׂנִי יִשְׂרָאֵל.
All blessings flow from Yah, our God, life of the worlds,
who has made me a Jew.
כָּל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים, פּוֹקַחַת עִוְרִים.

All blessings flow from Yah, our God, life of the worlds, who opens the eyes of the blind.

cָל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים, מַלְבִּישָה עֲרֻמִּים.

All blessings flow from Yah, our God, life of the worlds, who clothes the naked.

cָל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים, מַתִּירָה אֲסוּרִים.

All blessings flow from Yah, our God, life of the worlds, who releases the bound.

cָל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים, זוֹקֶפֶת כְּפוּפִים.

All blessings flow from Yah, our God, life of the worlds, who lifts up the bent.

cָל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים, רוֹקַעַת הָאָרֶץ עַל הַמָּיִם.

All blessings flow from Yah, our God, life of the worlds, who spreads out the land upon the waters.
All blessings flow from Yah, our God, life of the worlds, who provides for all of my needs.

All blessings flow from Yah, our God, life of the worlds, who guides my steps.

All blessings flow from Yah, our God, life of the worlds, who girds Israel with strength.

All blessings flow from Yah, our God, life of the worlds, who crowns Israel with splendor.

All blessings flow from Yah, our God, life of the worlds, who gives strength to the weary.

All blessings flow from Yah, our God, life of the worlds, who removes sleep from my eyes, slumber from my eyelids.
Birkhot haShachar
Blessings of the morning

May it be your will, Eternal One, our God, the God of my fathers, and the God of my mothers, that we will accustom ourselves to your Torah, and attach ourselves to your mitzvot.

Do not bring us under the influence of sin, of transgression or iniquity, of temptation, or of scorn.

Do not allow our bad inclinations to control us, and keep us away from a bad person and a bad friend.

Attach us to our good inclinations and to good deeds, and bend our inclinations to serve you.

Grant us—today and every day—grace, loving-kindness, and compassion, in your eyes, and in the eyes of all who see us, and bestow upon us good loving-kindness.

Blessed are you, Eternal One, who bestows good loving-kindness to God’s people Israel.
Let us drink from the wellspring of Torah—
engaging in holy words,
seeking wisdom in each moment,
and listening to the ever-present call.
May we respond to the call with the fullness of our beings,
bringing wholeness to our lives and healing to the world.

כָּל בְּרָכוֹת נוֹבְעוֹת מִן יָה, אֱלֹהֵינוּ, חֵי הָעוֹלָמִים,
אוֹנוֹ מַחְשֵׁשׁ מְכַדְּשָׁת הַמִּצְוָה,
וּמְכַדְּשָׁת הַמִּצְוָה לְעָשָׂה בְרָכוֹת הָוָה.
All blessing flow from Yah, our God, life of the worlds.
We are renewed through the holiness of mitzvot,
and through the mitzvah of engaging in words of Torah.

וְהַעֲרֶב נָא, יְיָ אֱלֹהֵינוּ
אֶת דִּבְרֵי תוֹרָתְךָ בְּפִינוּ,
וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל,
וּנִהְיֶה אֲנַחְנוּ, וּצֶאֱצָאֵינוּ, וּצֶאֱצָאֵי עַמְּךָ בֵּית יִשְׂרָאֵל,
בָּרוּךְ אַתָּה יְיָ, הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל.
Eternal our God, please sweeten
the words of your Torah in our mouths,
and in the mouths of your people, the house of Israel.
May we all—us, our offspring,
and the offspring of your people, the house of Israel—
be knowers your name and students of your Torah, for its own sake.
Blessed are you, Eternal One, teacher of Torah to God’s people Israel.

בְּרוּכָה אַתְּ שְכִינָה, אֱלֹהוֹתֵינוּ, מַלְכַּת הָעוֹלָם
אֲשֶר נָתְנָה לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטְעָה בְּתוֹכֵנוּ.
בְּרוּכָה אַתְּ שְכִינָה,
בָּרוּכָה אַתְּ שְכִינָה, נוֹתֶנֶת הַתּוֹרָה.
Blessed are you, Shekhinah, our God, Majesty of the world,
who has given us a Torah of truth, and has planted within us eternal life.
Blessed are you, Shekinah, giver of Torah.
May the Eternal One bless you and protect you.

May the Eternal One’s presence shine upon you, being gracious to you.

May the Eternal One’s presence be lifted toward you, granting you peace.

These are deeds which have no limit:
the corners of the field left for the poor,
the first fruit offerings, the festival offerings,
acts of loving-kindness, and the study of Torah.

These are deeds whose fruits are enjoyed in this world,
whose principal remains for the world to come:
respecting parents, acts of loving-kindness,
early arrival—morning and evening—to the house of study,
welcoming guests, visiting the sick,
providing for a bride, accompanying the dead,
absorption in prayer, bringing peace between people—
and the study of Torah is comparable to them all.
I hereby accept upon myself the mitzvah of the creator:

“Love your neighbor as yourself.”