



Modeh Ani -

The Blessing upon Arising

“In the service of the Almighty, the point of departure is Modeh Ani.”

-- Rabbi Sholom Dov Ber of Lubavitch

When we wake in the morning, God graciously restores our soul (*neshamah* or *nefesh*) within us in order to experience another day of life. This awakening is an analog of the resurrection from the dead: just as God revives us from the depths of our sleep and enables our eyes to once again receive light, so will He ultimately revive the dead from their state and bring them into the glorious presence of His Light.

The *Modeh Ani*, one of the first blessings a Jewish child is taught, expresses gratitude to God for the gift of a new day of life (note that women say "modah" instead of "modeh"):

Modeh
Ani

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם.
שֶׁהַחַיּוֹת בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

*I thank you, living and eternal King,
for returning my soul within me in compassion,
great is your faithfulness*

Transliterated:

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם.

vekaiyam chai melek l'faneykha 'ani modeh
and eternal living king before you I thank

שֶׁהַחַיּוֹת בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

'emunatekha rabbah bechemlah nish-ma-ti bi she-he-che-zarta
your faithfulness. great (is) in compassion my soul in me for you returned

*Modeh ani l'faneykha, melech chai vekaiyam,
shehechezarta bi nishmati bechemlah, rabbah emunatekha.*