



Birchot HaShachar -

Reciting the traditional morning blessings

יְהוָה בִּקְרַת תִּשְׁמָע קוֹלִי בִּקְרַת אֲעֲרֹךְ לָךְ וְאֶצְפָּה:

My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up. Psalm 5:3(4h)

Based on the gematria for the word *Tzaddik* (“righteous one”), the sages taught that Jews should respond with “Amen” to no less than 90 blessings (Tsade = 90), recite *Kedushah* (“Holy, holy, holy...”) four times (Dalet = 4), say Kaddish ten times (Yod = 10), and recite 100 blessings (Qof = 100) -- every day! (*Berachot 60b*)

In addition to the blessings that are recited as part of every observant Jew’s day, the Shacharit Service includes a series of blessings that are recited as part of the morning service.



After each of the following blessings is recited aloud by the cantor of the synagogue, you are to respond by saying “Amen.”

Who gives us discernment:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשִׁכְוֵי בִינָה לְהַבְחִיל בֵּין יוֹם
וּבֵין לַיְלָה.

Blessed art Thou, LORD our God, King of the universe,
Who gave the heart understanding to distinguish between day and night.

*Barukh atah Adonai eloheinu melekh ha-olam,
asher natan lasekhvi vina l'havchil bein yom
u'vein lailah.*



Who made us partakers of Israel:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂי יִשְׂרָאֵל.

Blessed art Thou, LORD our God, King of the universe,
Who made me an Israelite.

*Barukh atah Adonai eloheinu melekh ha-olam,
she-asani yisrael.*

Who made us free:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁלֹּא עָשִׂי עֶבֶד.

Blessed art Thou, LORD our God, King of the universe,
Who did not make me a slave.

*Barukh atah Adonai eloheinu melekh ha-olam,
shello 'asani aved.*

Who made us in His image:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשִׂי בְּצַלְמוֹ.

Blessed art Thou, LORD our God, King of the universe,
Who made me in His Image.

*Barukh atah Adonai eloheinu melekh ha-olam,
she'asani be'tzalmo.*



Who made us as we are:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשִׂי כִרְצוֹנוֹ.

Blessed art Thou, LORD our God, King of the universe,
Who made me according to His will.

*Barukh atah Adonai eloheinu melekh ha-olam,
she-asani kirtzono.*

Who opens our eyes:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
פוֹקֵחַ עֵוְרִים.

Blessed art Thou, LORD our God, King of the universe,
Who gives sight to the blind.

*Barukh atah Adonai eloheinu melekh ha-olam,
pokeiach 'ivrim.*

Who clothes us:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

Blessed art Thou, LORD our God, King of the universe,
Who clothes the naked.

*Barukh atah Adonai eloheinu melekh ha-olam,
malbish 'arumim.*



Who made us as we are:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

Blessed art Thou, LORD our God, King of the universe,
Who releases the captives.

*Barukh atah Adonai eloheinu melekh ha-olam,
matir 'asurim.*

Who makes the crooked straight:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹקֵר כְּפוּפִים.

Blessed art Thou, LORD our God, King of the universe,
Who straightens the bent.

*Barukh atah Adonai eloheinu melekh ha-olam,
zokeir k'fufim.*

Who enables us to walk:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Blessed art Thou, LORD our God, King of the universe,
Who spreads the earth upon the waters.

*Barukh atah Adonai eloheinu melekh ha-olam,
rokei'a ha'aretz al hamayim.*



Who meets all our needs:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שָׁעָשָׂה לִי כָּל צְרָכֵי.

Blessed art Thou, LORD our God, King of the universe,
Who has provided for all my needs.

*Barukh atah Adonai eloheinu melek ha-olam,
sha'asah li kol tsorki.*

Who establishes our steps:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְכִין מִצְעָדֵי גְבוּרָה.

Blessed art Thou, LORD our God, King of the universe,
Who establishes the footsteps of man.

*Barukh atah Adonai eloheinu melek ha-olam,
hameikhin mits'adei gever.*

Who girds us with might:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

Blessed art Thou, LORD our God, King of the universe,
Who girds Israel with might.

*Barukh atah Adonai eloheinu melek ha-olam,
ozeir Yisrael bigvurah.*



Who meets all our needs:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

Blessed art Thou, LORD our God, King of the universe,
Who crowns Israel with glory.

*Barukh atah Adonai eloheinu melekh ha-olam,
'oteir Yisrael b'tifarah.*

Who gives us strength:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַנוֹתֵן לַיָּעַף כֹּחַ.

Blessed art Thou, LORD our God, King of the universe,
Who gives the weary strength.

*Barukh atah Adonai eloheinu melekh ha-olam,
ha-notein laiya'eif koach.*



Who formed mankind in wisdom:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר
 אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ נְקֻבִים וְנֻקְבִים,
 חֲלוּלִים חֲלוּלִים. גָּלוּי וַיְדוּעַ לְפָנֶי כֶּסֶף כְּבוֹדְךָ
 שָׂאם יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם,
 אִי אֶפְשָׁר לְהִתְקִים וְלַעֲמוֹד לְפָנֶיךָ.
 בָּרוּךְ אַתָּה ה', רוֹפֵא כָּל בֶּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are You, LORD our God, Master of the universe, who fashioned
 mankind in wisdom, and created in him all manner of openings
 and cavities. It is manifest and known before the throne of your glory
 that if any one of them ruptured or were blocked,
 it would be impossible to survive and stand before You.
 Blessed are You, LORD, who heals all flesh and is wonderful in His acts.

*Barukh attah Adonai, eloheinu melek ha'olam, asher yatzar
 et ha'adam b'khochmah, u'vara vo nekavim nekavim,
 chalulim chalulim. Galuy ve'yadua lifnei khisei khevodekha
 she'im yipateiach echad meihem, 'o yisateim echad meihem,
 'i efshar le'hitpaiyeim ve'la'amod lefaneykha.
 Barukh attah Adonai, rofei khol basar u'mafli la'asot.*