

ב"ה

# MODEH ANI

I THANK YOU,

מִוֹדָה אֲנִי לְפָנֶיךָ

*Modeh ani le-fanecha,*

LIVING AND ETERNAL KING

מֶלֶךְ חַי וְקַיִם,

*melech chai ve-kayam,*

FOR RESTORING MY SOUL WITHIN ME

שֶׁחָחַזַרְתָּ בִּי נִשְׁמָתִי

*sheh-heche-zarta bi nishmati*

MERCIFULLY.

בְּחַמְלָה.

*bechemlah,*

YOUR FAITHFULNESS IS GREAT.

רַבָּה אֱמוּנָתְךָ.

*rabah emunatecha.*



*Modeh Ani* is a famous prayer that is recited upon waking each morning. We dedicate the first seconds of our day to express gratefulness to G-d for the gift of life. We then aspire to adopt this as an attitude and lifestyle throughout the day—to be mindful of all the positives that are bestowed upon us by other people and by G-d and to express gratitude appropriately. And this is one of the keys to a life of happiness.

