

## השכמת הבוקר

I Woke Up!

מודה אני / ראשית חכמה / תורה צוה

מודה אני—Thank You, Hashem, for giving my neshamah back to me (*which was a merciful thing to do since I have not yet lived up to my full potential, and therefore may not really deserve that*); רבה אמונתך—Your

belief in me is very great! (*You believe I am important; my struggles are important; and You believe I can climb up to the next rung—which is why You woke me up. Thank You!*)

OK—but I can't climb to the next rung if I don't understand what to do!

ראשית חכמה—The root of gaining wisdom is יראת השם. (*If we show Hashem that we are willing to follow the Torah even when we do NOT understand it—then He will reward us by giving us understanding!*) A good understanding of Torah is given to those who put it into practice (*rather than learn it just to get a good grade, impress others—or get into yeshiva or seminary!*). The praise of such a person is eternal (*it goes beyond the report card—it will help them navigate life!*). We DO want to see Hashem in our lives, therefore we proclaim: May our perception of Hashem's Presence and rulership (שם כבוד מלכותו) be increased (ברוך ועד) forever.

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם, שֶׁהַחֲזֵרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה. רַבָּה אֱמוּנָתְךָ:

רֵאשִׁית חֲכָמָה יִרְאֵת יְהוָה, שֶׁכָּל טוֹב לְכָל עֲשִׂיהֶם, תְּהִלָּתוֹ עֹמֶדֶת לְעַד: בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

תורה צוה—The very same Torah that Moshe commanded us (*at Har Sinai*) is the eternal inheritance of the entire Bnei Yisrael (*including me!*). Help me understand and to never abandon all that has been handed down to us throughout the generations. May the Torah be the bedrock of my faith and may Hashem assist me in my growth, because I know that those who remain firm and close to Hashem are the ones who are really alive today. Hashem! I look to You for help in dealing with all my struggles!

תּוֹרַה צְוָה לָנוּ מֹשֶׁה, מוֹרֶשֶׁה קְהֵלֶת יַעֲקֹב: שָׁמַע בְּנֵי מוֹסֵר אָבִיךָ, וְאֵל תִּטֵּשׁ תּוֹרַת אִמְךָ: תּוֹרַה תְּהֵא אֱמוּנָתִי, וְאֵל שִׁדֵּי בְּעֲזָרְתִּי: וְאַתֶּם הַדְּבָקִים בְּיְהוָה אֱלֹהֵיכֶם, חַיִּים כְּלַכֶּם הַיּוֹם: לִישׁוּעָתְךָ קוֹיֵתִי יְהוָה:

Now let's lay down the basic principles that guide us in that mission (whether we understand them all as yet—or not!).

Now I'm Ready to Daven

מה טבו / ארון עולם / יגדל

נכון לקבל עליו מצות עשה של ואהבת לרעך כמוך:  
הריני מקבל עלי מצות עשה של ואהבת לרעך כמוך:

מה טבו—(Thanks to our Torah and our mission)—our homes and our shuls are solid and good (and we can connect to Hashem anywhere).  
ואני יָרַב חֶסֶדְךָ אֲבֵא בֵיתְךָ—I come to Your House to thank You for all Your kindness; and I daven to You with awe. Hashem (You created the unique me), and I come to Your holy place with love (not as a burden) and willingly submit myself to Your Will. ואני תְּפִילָתִי—May my tefillos be favorable to You. Hashem Who takes care of us, please answer my requests with Your kindness (even though I am not always deserving)—because only Your help can be relied upon.

אֲדוֹן עוֹלָם—You are the Master of the universe, Who ruled even before anything was created and will rule after all ceases to exist; and now that there IS a creation—You are proclaimed as King by all creatures: Hashem always was, is, and always will be. There is no power but You; without beginning or end—all power is Yours. (Though understanding the essence of Hashem is beyond comprehension, nevertheless, I have a unique and close relationship with Him!) He is **my** God; **my** living Redeemer; He is a Rock for **me** when I am in pain or in time of distress; He is a refuge for **me**; He answers **me** when I call to Him. (Therefore,) I entrust my spirit into His hand when I sleep and when I am awake (I am in His hands at all times). With my spirit, my body, Hashem is with **me** and therefore I fear nothing.

מַה טְבוֹ אֶהְלִיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ  
יִשְׂרָאֵל: וְאֲנִי בְּרַב חֶסֶדְךָ אָבֵא  
בֵיתְךָ, אֲשֶׁתַּחֲוֶה אֶל הַיְכָל קִדְשֶׁךָ  
בְּיִרְאַתְךָ: יְהוָה אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ,  
וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשֶׁתַּחֲוֶה  
וְאֶכְרַע, אֲבָרְכָה לְפָנַי יְהוָה עֲשֵׂי: וְאֲנִי  
תְּפִילָתִי לָךְ יְהוָה עֵת רְצוֹן, אֱלֹהִים  
בְּרַב חֶסֶדְךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ:

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטָרֵם כָּל יְצִיר  
נִבְרָא: לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כֹּל, אֲזִי מְלֶךְ  
שָׁמוּ נִקְרָא: וְאַחֲרֵי כִכְלוֹת הַפֶּלַל, לְבָדוּ  
יְמֶלֶךְ נוֹרָא: וְהוּא הָיָה וְהוּא הוֹוֶה, וְהוּא  
יְהִי בְּתַפְאֲרָה: וְהוּא אֶחָד וְאִין שְׁנַי,  
לְהַמְשִׁיל לוֹ לְהַתְבַּיֵּר: בְּלִי רֵאשִׁית  
בְּלִי תְּכֵלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה: וְהוּא  
אֵלִי וְחִי גֵאֲלִי, וְצוֹר חֲבָלִי בְּעֵת צָרָה:  
וְהוּא נְסִי וּמְנוֹס לִי, מִנֶּת פּוֹסֵי בְיוֹם  
אֶקְרָא: בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁוֹן  
וְאֶעְיָרָה: וְעַם רוּחִי גּוֹיֵתִי יְהוָה לִי וְלֹא  
אִירָא: