

מוֹדָה / מוֹדָה אֲנִי

Modeh/Modah Ani

This is the first prayer we say when we wake up in the morning.

Modeh/Modah ani means I thank.

2,000 years ago, people were scared about sleep because they didn't know what happened when they were asleep. They wrote this prayer to show gratitude for the fact that they woke up the next day. The first word changes depending on if you are a boy (modeh) or a girl (modah).

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,
שֶׁהֶחֱזַרְתָּ בִּי נְשִׁמְתִי בְּחֶמְלָה ; רַבָּה אֱמוּנָתְךָ.

Modeh/modah ani l'fanecha melech chai v'kayam,

Shehechezarta bi nishmati b'chemla, rabah emunatecha.

I offer thanks to You

Living and eternal King,

For You have mercifully restored my soul within me

Your faithfulness is great.