

# Upon Awakening

Recite after first opening your eyes in the morning:

מוֹדָה \* אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,

שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

mo·deh a·ni le·fa·ne·kha, me·lekh chai ve'ka·yam,  
she·he·che·zar·ta bi nish·ma·ti be'chem·lah,  
rab·bah e·mu·na·te·kah

\* *modah* for women

Thankful is what I am before Your face,  
Oh, King, Living and Eternal,  
for returning my soul within me,  
with compassion,  
Great is Your faithfulness.