

[Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
she·to·vo·té·cha rab·bi·m m'od.]

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
a·sher na·tan la·sech·vi vi·nah,
l'hav·chin bein yom u·vein lái·lah.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
she·a·sá·ni b'tzal·mo.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
she·a·sá·ni [ben (m) | bat (f)] cho·rin.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
she·a·sá·ni Yis·ra·eil.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
po·kéi·ach iv·rim.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
mal·bish a·rum·mim.

[בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שְׁטוּכּוֹתִיךְ נָבִים מָאָדָה.]

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשָׁבֵר בִּינָה,
לְהַבְּחִין בֵּין יוֹם וּבֵין לְילָה.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שְׁעַשְׂנֵי בָּצָלָמוֹ.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שְׁעַשְׂנֵי [בֶּן | בָּת] חֹרִין.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שְׁעַשְׂנֵי יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
פּוֹקֵחַ עֲוֹרִים.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרָמִים.

1. I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
for all the many gifts that You provide.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You have given me understanding,
to see differences clearly, as between day and night.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
You have made me in Your image, (Gen. 1:27)
with unlimited potential.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You have made me free,
with the ability to choose.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
You have made me a Jew,
with an enriching heritage.

3. I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You open the eyes of the blind, (Ps. 146:8)
providing sight and insight.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
You clothe the naked,
providing shelter and boundaries.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
mat·ir a·su·rim.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
zo·keif k'fu·sim.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
ro·ka ha·á·retz al ha·má·yim.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
she·á·sah li kol tzor·ki.

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
³a·sher hei·chin [mitz·a·dei gá·ver. | mitz·a·dai.]

Ba·ruch At·tah A·do·nai,
E·lo·héi·nu, mé·lech ha·o·lam,
o·zeir Yis·ra·eil big·vu·rah.

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסֻנוּם.

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
זָקֵף בְּפּוֹפִים.

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
רוֹקֵעַ הָאָרֶץ עַל הַקְּמִים.

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שָׁעַשָּׂה לִי כָּל צְرָפִים.

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
³אֲשֶׁר חֲכָנֵן [מַצְעָדִי גָּבָר. | מַצְעָדִי.]

ברוך אָתָּה יְיָ,
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בָּגְבוּנָה.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You liberate the bound, (Ps. 146:7)
releasing us from our shackles.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
You straighten the bent, (Ps. 145:14, 146:8)
removing whatever pushes us down.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
¹You have made the world a secure place,
where nature is governed by law.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
²You provide me with skills and tools,
enabling me to meet all my needs.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
³You guide my steps,
helping me walk on my intended path.

Baruch At·tah A·do·nai,
Elo·héi·nu, mé·lech ha·o·lam,
You gird me with courage and strength,
enabling me to overcome all obstacles.

Ba·ruch At·tah A·do·nai,
E·lo·héi-nu, mé·lech ha·o·lam,
o·teir Yis·ra·el b'tif·a·rah.

Ba·ruch At·tah A·do·nai,
E·lo·héi-nu, mé·lech ha·o·lam,
ha·no·tein la·yá·eif kó·ach.

Ba·ruch At·tah A·do·nai,
E·lo·héi-nu, mé·lech ha·o·lam,
ha·ma·a·vir shei·nah mei·ei·nai
u·t'nu·mah mei·af·ap·pai.

[Ba·ruch At·tah A·do·nai,
she·to·vo·té·cha rab·bim m'od.]

ברוך אתה ייְהוָה,
אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּחַפְאָדָה.

ברוך אתה ייְהוָה,
אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
קְדוּמָן לְיַעֲרֵךְ.

ברוך אתה ייְהוָה,
אלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְּעֻבֵּר שְׁנָה מֵעַנִּי
וַיְתַנוּמָה מַעֲפָעֵבִי.

[ברוך אתה ייְהוָה,
שְׁטוּבּוֹתֶךָ רַבִּים מֵאַד.]

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You crown me with dignity and glory
balancing strength with beauty.

Ba·ruch At·tah A·do·nai,
E·lo·héi-nu, mé·lech ha·o·lam,
You strengthen the weary, (Isa. 40:29)
staying with us even when we are exhausted.

I thankfully acknowledge You, Adonai,
our God, ruler of the universe,
You remove sleep from my eyes
and confusion from my mind. (Ps. 132:4)

^{1,2} I thankfully acknowledge You, Adonai,
for all the many gifts that You provide.