

Poker Tav

Good Morning

It's a Jewish teaching and tradition that the first words
out of our mouths are a prayer:

מוֹדֵה|מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ (רוּחַ) חַי וְקַיִם
שֶׁחֲזַרְתָּ בִּי נְשָׁמְתִי בְּחֶמְלָה רַבָּה אֲמוּנָתְךָ.

*Modeh (masculine) / Modah (feminine) ani l'fanechah, Melech (Ruach) chai v'kayam.
Shehechezartah bee nishmahtee b'chemlah rabbah emunatecha.*

*Grateful am I before You, Ruler (Spirit/Breath),
who returned my soul to me with mercy.
Your faithfulness is great.*

Each morning we express our gratitude for being alive,
acknowledging that the world wants us to be here.

And, what if you don't wake up with gratitude?
What if every day doesn't start with
rainbows and birds singing?
How do you say this prayer if you're not waking
and bursting at the seams with thankfulness?
You do it anyway.

You say the words, maybe not with a heart of gratitude,
but with an intention of gratitude.

This is the practice of gratitude: Say thank you.
Modah ani, thankful am I.

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