

**Playing with Praying Handout**  
**Prepared by Shalom Orzach and Ariella Rosen for Cornerstone 2021**

Choose from the selection of prayers below.\* (All are from the Shacharit, or morning service).

Use the following questions to guide you, or feel free to come up with your own:

**Discussion Questions:**

- What are these words saying?
- How are they both descriptive (saying what already is) and prescriptive (declaring what we hope will be)?
- Are there any differences between saying these words alone vs. together with a group? What feels different?
- What kind of day are these words helping me begin?

\*Translations from Siddur Lev Shalem

**1. Modeh Ani**

(This prayer can also be explored through this video:  
<https://www.youtube.com/watch?v=jnbJk3D5X5Q>)

<p>I thank You, living and eternal sovereign, for Your kindness in restoring my soul. How great is Your faithfulness.</p>	<p><b>מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיִּים בִּי נִשְׁמְתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.</b></p>
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**2. Mah Tovu**

<p>How lovely are your dwellings, Jacob; your sanctuaries, people of Israel!          As for me, through Your great kindness I enter Your house; in awe of You, I bow toward Your holy sanctuary.          Adonai, I love Your house, the place where Your glory dwells.          I will bow and prostrate myself, kneel before Adonai my creator.          My prayers are to You, Adonai, in the hope that this is a favorable time;          God, in Your abundant love, respond to me with faithful deliverance.</p>	<p><b>מַה־טֹבֵוּ אֱהַלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל: וְאֲנִי בְּרַב חַסְדְּךָ אָבֹא בֵּיתְךָ אֲשֶׁתַּחֲוֶה אֶל־הַיְכָל־קֹדֶשְׁךָ בְּיְרֵאֲתָךְ: ה' אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשֶׁתַּחֲוֶה וְאֶכְרַע אֶבְרָכָה לְפָנֶיךָ ה' עֹשֵׂי: וְאֲנִי תַפְלִיתִי־לְךָ ה' עַת רְצוֹן אֶ־לְקִימִים בְּרַב־חַסְדְּךָ עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ:</b></p>
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**3. Baruch She'amar**

<p>Blessed is one whose word called the world into being.</p>	<p><b>בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם.</b></p>
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<p>Blessed be the One.          Blessed is the one who created the world.          Blessed is the one who speaks and it is done.          Blessed is the one who decrees and fulfills.          Blessed is the one who has compassion for the earth.          Blessed is the one who has compassion for all creatures.          Blessed is the one who sends a just reward to those who revere the Divine.          Blessed is the one who is eternal, who exists forever.          Blessed is the one who redeems and rescues.          Blessed be the divine name.</p>	<p>בְּרוּךְ הוּא. בְּרוּךְ עוֹשֵׂה          בְּרָאשִׁית. בְּרוּךְ אוֹמֵר וְעוֹשֶׂה.          בְּרוּךְ גּוֹזֵר וּמְקַיֵּם. בְּרוּךְ          מְרַחֵם עַל-הָאָרֶץ. בְּרוּךְ          מְרַחֵם עַל-הַבְּרִיּוֹת. בְּרוּךְ          מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו.          בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצַח.          בְּרוּךְ פּוֹדֶה וּמְצִיל. בְּרוּךְ          שְׁמוֹ.</p>
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#### 4. Or Chadash

<p>They offer adulation to God, whom they bless. They chant songs and voice their praise to the sovereign, the living and enduring God. For God alone achieves victory, creates anew, masters war, sows righteousness, cultivates deliverance, effects healing, is praised with reverence, and is the author of wonders. In God's goodness, the work of creation is renewed each day, as the psalmist declared: "Thank the creator of the great lights, for God's love is everlasting." Cause a new light to shine on Zion, and may we all soon be worthy of its illumination. We bless You, creator of lights.</p>	<p>לְאֵל בְּרוּךְ נְעִימוֹת יִתְּנוּ. לַמֶּלֶךְ אֵל חַי          וְקַיֵּם זְמֵרוֹת יֹאמְרוּ וְתִשְׁבְּחוּת יִשְׁמִיעֵנוּ.          כִּי הוּא לְבַדּוֹ פּוֹעֵל גְּבוּרוֹת. עוֹשֵׂה          חֲדָשׁוֹת. גֹּעַל מַלְחָמוֹת. זוֹרֵעַ צְדָקוֹת.          מַצְמִיחַ יְשׁוּעוֹת. בּוֹרֵא רְפוּאוֹת. נוֹרֵא          תְהִלּוֹת. אֲדוֹן הַנִּפְלְאוֹת: הַמְחַדֵּשׁ          בְּטוֹבוֹ בְּכָל-יוֹם תְּמִיד מַעֲשֵׂה בְּרָאשִׁית:          כְּאִמּוֹר לַעֲשֵׂה אוֹרִים גְּדֹלִים כִּי לְעוֹלָם          חֶסֶדְךָ: אוֹר חֲדָשׁ עַל-צִיּוֹן תֹּאִיר וְנִזְכָּה          כְּלָנוּ מְהֵרָה לְאוֹרוֹ: בְּרוּךְ אַתָּה ה' יוֹצֵר          הַמְּאוֹרוֹת</p>
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#### 5. Adon Olam

<p>Before creation shaped the world, eternally God reigned alone;          But only with creation done could God as Sovereign be known.          When all is ended, God alone will reign in wondrous majesty.          God was, God is, always will be glorious in eternity.          God is unique and without peer, with none at all to be compared.          Without beginning, endlessly, God's vast dominion is not shared.          But still- my God, my only hope, my one true refuge in distress,          My shelter sure, my cup of life, with goodness real and limitless.</p>	<p>אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כָּל יְצִיר וּבְרָא:          לַעֲת נַעֲשֵׂה בְחֶפְצוֹ כָּל, אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא:          וְאַחֲרֵי כָּכֵלּוֹת הַכָּל, לְבַדּוֹ יִמְלֹךְ נוֹרֵא:          וְהוּא הָיָה וְהוּא הָיָה, וְהוּא יְהִיָּה בְּתַפְאָרָה:          וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה:          בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הַעֲזָ וְהַמְשָׁרָה:          וְהוּא אֵלֵי וְחִי גּוֹאֲלִי, וְצוֹר חֲבִלִי בְּעַת צָרָה:          וְהוּא נֹסִי וּמְנוּס לִי, מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא:</p>
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I place my spirit in God's care; my body too  
can feel God near.  
When I sleep, as when I wake, God is with  
me, I have no fear.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישׁן וְאֶעֱרָה:  
וְעִם רוּחִי גֹזֵתִי, יְהוָה לִי וְלֹא אִירָא: