

Concepts

Nissim B'chol Yom

Nissim B'chol Yom is one of a set of prayers related to getting up in the morning. Such prayers are known as preliminary prayers, or Birchot HaShachar, and were originally meant to be said privately at home prior to the synagogue service. Nissim B'chol Yom comes from a section of the Talmud and includes fifteen blessings you should say when you get up in the morning. Each blessing begins with "Blessed are you, Lord our God, King of the Universe" and ends with a different thing for which we are thankful to God.

At Hebrew School we learn twelve of these blessings. Each blessing relates to waking, getting up, getting dressed, or going about our daily business. Saying these blessings recognizes God's role in everything we do. The prayer starts with blessing God for giving "the rooster intelligence to distinguish between day and night" which is sunrise, and ends with blessing God for "removing sleep from my eyes and slumber from my eyelids," which is washing the face. In between are blessings related to sight, movement, strength, and being clothed. We also thank God for making us Jews, for making us free, and for making us in God's image.

These blessings are Thank-you blessings. They are Thank-you blessings for the things in our lives that we most take for granted, like waking up and being able to move.

1. What are some things in your lives for which you are thankful that you don't often think about?
2. What kind of experience might have stimulated the author to write this prayer?
3. If you took the ideas in this prayer seriously, how might it affect your behavior?

who gave the rooster understanding to distinguish between day and night.	אֲשֶׁר נָתַן לְשֹׁכֵי בֵינָה, לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה
who has made me a Jew	שֶׁעָשָׂנִי יִשְׂרָאֵל
who has made me free	שֶׁעָשָׂנִי בֶן/בַּת חוֹרֵין
who gives sight to the blind	פוֹקֵחַ עֵוְרִים
who clothes the naked	מַלְבִּישׁ עֲרֻמִּים
who releases the imprisoned	מַתִּיר אֲסוּרִים
who straightens the bent	זוֹקֵף כְּפוּפִים
who guides the steps of humankind	הַמְכִּין מַצְעָדֵי גֵבֶר
who girds Israel with might	אוֹזֵר יִשְׂרָאֵל בְּגְבוּרָה
who crowns Israel with glory	עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה
who gives strength to the weary	הַנּוֹתֵן לְיַעֲף כֹּחַ
who removes sleep from my eyes and slumber from my eyelids.	הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפַי:

Nissim B'chol Yom (New)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לַשָּׁכּוֹי בִּינָה,
לְהִבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עוֹרִים.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם. *

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִין מִצְעָדֵי גִבּוֹר.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְלַבֵּשׁ עֲרָמִים.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנוֹתֵן לַיַּעַף כֹּחַ.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּעֲבִיר שָׁנָה מֵעֵינֵי

וּתְנוּמָה מֵעַפְעָפִי.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂי בְּצֶלֶם אֱלֹהִים. *

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂי בֶן/בַּת חוֹרִין.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂי יִשְׂרָאֵל.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה.

* = new lines