



Birchot Hashachar ➤ בְּרִכּוֹת הַשַּׁחַר

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

*Baruch Atah Adonai Eloheinu Melech ha'olam, asher natan lasechvi
vinah l'havchin bein yom u'vein lailah.*

Praised are You, God, Ruler of the universe, who makes us know the
difference between day and night.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֵוְרִים.

Baruch Atah Adonai Eloheinu Melech ha'olam, pokei'ach ivrim.

Praised are You, God, Ruler of the universe, who opens our eyes.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִּין מִצְעָדֵי גִבּוֹר.

*Baruch Atah Adonai Eloheinu Melech ha'olam, hameichin mitz'adei
gaver.*

Praised are You, God, Ruler of the universe, who helps us move forward
with strength.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.

Baruch Atah Adonai Eloheinu Melech ha'olam, malbish arumim.

Praised are You, God, Ruler of the universe, who clothes us.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנוֹתֵן לַיָּעֵף כֹּחַ.

Baruch Atah Adonai Eloheinu Melech ha'olam, hanotein laya'eif ko'ach.

Praised are You, God, Ruler of the universe, who gives us strength when we
are tired.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בְּצַלְמוֹ.

Baruch Atah Adonai Eloheinu Melech ha'olam, she'asani b'tzalmo.

Praised are You, God, Ruler of the universe, who made me in God's image.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בֶן/בַּת חוֹרִין.

*Baruch Atah Adonai Eloheinu Melech ha'olam, she'asani (boys say) ben
chorin / (girls say) bat chorin.*

Praised are You, God, Ruler of the universe, who made me free.