

Morning Blessings to Keep Us Strong at this Time

Blessing for Understanding and Discernment

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לְשֹׁכֵי בֵּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

Blessed are You, Adonai our God, King of the Universe, Who gives the rooster understanding to distinguish between day and night.

Blessing to Free the Captive

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

Blessed are You, Adonai our God, King of the Universe, Who releases the imprisoned.

Blessing to Remind Us We Have Enough to Endure and Help Others

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעָשָׂה לִי כָּל-צָרָכַי:

Blessed are You, Adonai our God, King of the Universe, Who provided me with all my needs.

Blessing to Give the People of Israel Strength

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה:

Blessed are You, Adonai our God, King of the Universe, Who girds Israel with might.

Blessing to Give Israel Courage to Fight with Honor

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה:

Blessed are You, Adonai our God, King of the Universe, Who crowns Israel with glory.

Blessing to Give Us Strength When We are Weary

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעֵף כֹּחַ:

Blessed are You, Adonai our God, King of the Universe, Who gives strength to the weary.

