

Rosh HaShanah Morning

Meditations and Prayers for Self-Guided Reflection

We give thanks for the new day of life, for the return of our soul, and that we begin the new day refreshed. Renewed, our words evoke one of the themes of Rosh HaShanah, returning. What has been returned to you this morning? This year? Say a prayer of thanks.

*Modeh/modah ani l'fanecha, melech chai
v'kayam, shehechezarta bi nishmati
b'chemlah, rabah emunatecha.*

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי
וְקַיָּם, שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי
בְּחֶמְלָה, רַבָּה אֶמּוֹנָתְךָ.

The mystics believed that the soul was a part of God, and that it lies deep within the human heart. What pure gifts have you been given? What are your good qualities that have been within you since childhood, and how can you take one step to get back to them?

*Elohai, n'shamah shenatata bi t'horah
hi. Atah v'ratah, atah y'tzartah,
atah n'fachtah bi, v'atah m'sham'rah
b'kirbi. Kol z'man shehanishamah v'kirbi,
modeh/modah ani l'fanecha, Adonai
Elohai veilohei avotai, ribon kol
hama'asim, Adon kol han'shamot. Baruch
atah Adonai, asher b'yado nefesh kol chai
v'ruach kol b'sar ish.*

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה
הִיא. אַתָּה בְּרַאתָהּ, אַתָּה יִצְרַתָּהּ,
אַתָּה נִפְחַתָּהּ בִּי, וְאַתָּה מִשְׁמְרָהּ
בְּקִרְבִּי. כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי,
מוֹדָה /מוֹדָה אֲנִי לְפָנֶיךָ, יְיָ
אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, רַבּוֹן כָּל
הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת. בְּרוּךְ
אַתָּה יְיָ, אֲשֶׁר בְּיָדוֹ נִפְּשׂ כָּל חַי
וְרוּחַ כָּל בְּשָׂר אִישׁ.

These morning blessings celebrate the miracles of life, from our moment of waking, to rising, and embracing our purpose in the world.

What wisdom have you found this year that you didn't have last year?

*Baruch atah Adonai Eloheinu melech
ha'olam, asher natan lasechvi vinah
l'havin bein yom uvein lailah.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר נָתַן לְשִׁכְוֵי בִינָה
לְהִבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

In what way have your eyes been opened this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, pokei-ach ivrim.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, פּוֹקֵחַ עֵוְרִים.

How have you engaged in the mitzvah of freeing the captives this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, matir asurim.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, מַתִּיר אֲסוּרִים.

Has someone lifted you up in some way this year when you had fallen? Say a quiet thanks for this person.

*Baruch atah Adonai Eloheinu melech
ha'olam, zokeif k'fufim.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, זוֹקֵף כְּפוּפִים.

What natural wonders have you been grateful for this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, roka ha'aretz al hamayim.*

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

What is one way that God has strengthened your steps this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, hameichin mitzadei gaver.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמְּכִין מִצְעָדֵי גֶבֶר.

Think of a situation where you felt vulnerable this year and were protected.

*Baruch atah Adonai Eloheinu melech
ha'olam, malbish arumim.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, מְלַבֵּשׁ עֲרָמִים.

Think of at least 3 ways that you have everything you need.

*Baruch atah Adonai Eloheinu melech
ha'olam, she'asah li kol tzorchi.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁעָשָׂה לִי כָּל צָרָכִי.

Think of your favorite restful moment of the past year.

*Baruch atah Adonai Eloheinu melech
ha'olam, hanotein laya'eif koach.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַנוֹתֵן לַיָּעִף כֹּחַ.

What is one thing you have awakened to this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, hama'avir sheinah me'ainai
ut'numah mei-afapai.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמַּעֲבִיר שְׁנָה מֵעֵינַי
וְתַנּוּמָה מֵעַפְעָפִי.

What is one thing you have done in the past year to show respect to your body being made in the image of God?

*Baruch atah Adonai Eloheinu melech
ha'olam, she'asani b'tzelem Elohim.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁעָשָׂנִי בְּצֶלֶם אֱלֹהִים.

What is something that you have been freed from or freed to do this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, she'asani ben/bat chorin.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁעָשָׂנִי בֶן/בַּת חוֹרִין.

What was one moment this year where you were grateful to be part of the Jewish community?

*Baruch atah Adonai Eloheinu melech
ha'olam, she'asani Yisrael.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁעָשִׂינִי יִשְׂרָאֵל.

What is one way you were strengthened this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, ozeir Yisrael big'vurah.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

What is one moment you are proud of this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, oteir Yisrael b'tifarah.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

What is one thing you learned about your Judaism this year?

*Baruch atah Adonai Eloheinu melech
ha'olam, asher kid'shanu b'mitzvotav
v'tzivanu la'asok b'divrei Torah.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה.