

GATHER THE PEOPLE

Community and Faith-Based Organizing and Development Resources

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PRAYER UPON ARISING

F Am F
מוֹדָה אֲנִי לְפָנֶיךָ,
Dm
מֶלֶךְ חַי וְקַיִם,
F Am
שֶׁהַחַיּוּת בִּי נִשְׁמַתִּי בְּחַמְלָה
Dm
רַבָּה אֲמוּנָתְךָ.

I give thanks to you,
living and everlasting ruler,
for you have restored my soul with mercy.
Great is your faithfulness.

I give thanks to you—Upon arising I am conscious of Your presence. I stand and turn to Your face, giving thanks. I am thankful for Your Divine Light at the beginning of my day. **Living and everlasting ruler**—Your Light uplifts me and, through me, may raise up generations. I give You not mere words of thanks but I will stand before You throughout this day, opening myself to Your Light and enabling others to see it. **You have restored my soul**—My soul is again consciously connected to You: it wants to live in Your image, to do Your will in the world, to sanctify Your name. My soul is Your recreation. After hours of unconsciousness and suspension of my will to live in Your image, You breathed Your spirit into me again. **With mercy**—In Your mercy You have allowed me to know what I am to do in this world that You have created. You remind me that we have a Covenant, that I am a bar/bat mitzvah; and You give me Your Torah to guide my way. **Great is your faithfulness**—You are faithful to me: every day, without fail, You restore my soul to me.