

## Tov L'hodot

טוב להודות לַיְי, וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן  
לְהַגִּיד בַּבֶּקֶר חֲסִדְךָ וְאַמוּנָתְךָ בַּלַּיְלוֹת:  
עָלִי עֲשׂוֹר וְעָלִי נָבֵל, עָלִי הַגָּיוֹן בְּכִנּוֹר:  
כִּי שִׂמְחַתְנִי יְיָ בְּפַעֲלֶךָ בְּמַעֲשֵׂי יְדֶיךָ אֲרַגֵּן:  
מִה גָּדֹל מַעֲשֵׂיךָ יְיָ, מֵאֵד עֲמָקוֹ מִחֲשַׁבְתֶּיךָ:\*

Tov l'ho-dot la-do-nai, u-l'za-mer l'shim-kha el-yon.

L'ha-gid ba-bo-ker khas-de-kha, ve'e-mu-na-t'kha ba-lei-lot.

A-lei a-sor va-a'lei na-vel, a-lei hi-ga-yon b'khi-nor.

Ki si-makh-ta-ni a-do-nai b'fo-a-le-kha b'ma-a-sei ya-de-kha a-ra-nein.

Ma gad-lu ma-a-se-kha a-do-nai, m'od am-ku makh-sh'vo-te-kha.

It is good to thank Adonai, and to sing praise to Your Name, Lofty One; to tell of Your kindness in the morning and Your faithfulness in the nights; on a ten (stringed instrument) and on a harp, with meditation on a lyre; for You have made me happy Adonai with Your deeds, the work of Your hands—I sing joyfully; how great are Your deeds Adonai, how very deep Your thoughts.

## D'rash

**It is good to thank Adonai**—My gratitude is commanded, yet I'm fulfilled in it, renewed and gladdened, even without understanding my thankfulness. **And to sing praise to Your Name, Lofty One**—Praises sing themselves out of me to the name of my cosmic God. **To tell of Your goodness in the morning**—At daybreak I tell of the kindness, the blessings that God brings to me, strengthening me to deal with what I must. **And your faithfulness at night**—And in the evening, every night, I tell of God's faithfulness, looking back and remembering: I walked this day with God and Torah, and they were faithful, offering up the vision and the path. **On a ten (stringed instrument) and on a harp, with meditation on a lyre**—With music and song do I reflect upon all this. **For You have made me happy Adonai with Your deeds, the work of Your hands—I sing joyfully**—It is a great relief, a cause for joy, that I can find in Your Torah the path I am to follow. **How great are Your deeds Adonai, how very deep Your thoughts**—That You are eternally minding the whole of Creation reveals to the thoughtful, living in Your image, the grandeur of Your divine intelligence.

## Iyun Tefilla

### HOW CAN I SING WHEN I'M SO SAD

Of course  
I will be thankful  
In the morning.  
But who could be thankful  
For the dark?  
For the panic,  
Post mammogram,  
At 3 a.m.?  
In the dark,  
I blame myself

Or, who else?  
God.  
Don't ask me to sing.  
And yet  
I may  
Remind myself  
The goodness  
Of this world  
Is greater than  
I know.  
And some of it is mine.  
I may yet  
Make my life  
A cause  
For gratitude.

\* Psalm 92: 2-6.

Go to <http://www.gatherthepeople.org> for more congregational development and organizing tools.

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