



# בְּרָכוֹת הַשַּׁחַר



Warmup  
for Prayer

What we  
believe.

What we  
ask for.

Concluding  
Prayers

Morning  
Blessings

P'sukei  
D'zimra

Shema &  
Blessings

Amidah

Aleinu...



בְּרָכוֹת הַשַּׁחַר, the "Sunrise Blessings," is the first of two warmup sections in our morning service. These warmups are a way of getting ourselves focused and in the mood for prayer. בְּרָכוֹת הַשַּׁחַר is also the name of a series of twelve blessings that are contained within this first warmup section. Most of these twelve blessings are tied to some aspect of waking up and getting ready for the day.

בְּרָכוֹת הַשַּׁחַר were originally recited at home by a person upon awakening. The Talmud states that each person should say a hundred בְּרָכוֹת a day. These sunrise בְּרָכוֹת were a way of getting a good start. In the ninth century, the rabbis decided to bring these בְּרָכוֹת into the synagogue, adding them to the beginning of the morning service.



# בְּרִכּוֹת הַשַּׁחַר



בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
Praised are You Adonai,  
Ruler of the universe

אֲשֶׁר  
who

אֲשֶׁר  
who

נָתַן  
has  
given



נָתַן  
has  
given

לְשֹׁכֵי  
the rooster

לְשֹׁכֵי  
the rooster

בִּינָה  
understanding



בִּינָה  
understanding

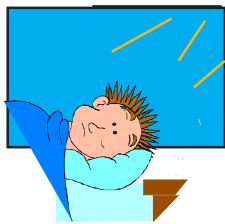
לְהַבְחִין  
to tell the difference

לְהַבְחִין  
to tell the difference

בֵּין  
between

בֵּין  
between

יוֹם  
day



יוֹם  
day

וּבֵין  
and between

וּבֵין  
and between

לַיְלָה  
night

לַיְלָה  
night

People used to wake up to the crowing of a rooster. So, as we first gain consciousness, we thank God for giving wisdom to the rooster. When we open our eyes, we thank God for giving sight to the blind. When we stretch and begin to move, we give thanks to the One who releases those who are bound. As you recite each בְּרָכָה below for the first time, read its translation. Try to determine the morning activity that the בְּרָכָה might represent. The first seven בְּרָכוֹת are below. You will find the rest on page 6.

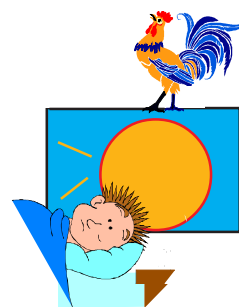
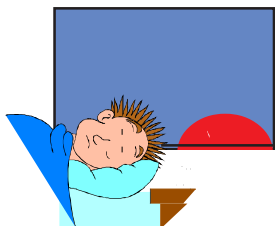
1. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לְשֹׁכְוֵי בֵּינָה לְהִבְחִין בֵּין יוֹם וּבֵין לַיְלָה.
2. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי יִשְׂרָאֵל.
3. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי בֶן/בַּת-חֹרֵיץ.
4. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵוְרִים.
5. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְלַבֵּשׁ עֲרֻמִּים.
6. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים.
7. בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפוּפִים.

1. Praised are You, Adonai our God, Ruler of the Universe, who has given the rooster understanding to tell the difference between day and night.
2. Praised are You... who made me of the people Israel.
3. Praised are You... who made me free.
4. Praised are You... who opens the eyes of the blind.
5. Praised are You... who clothes the naked.
6. Praised are You... who releases those who are bound.
7. Praised are You... who lifts up those who are downtrodden.

# אֲשֶׁר נָתַן

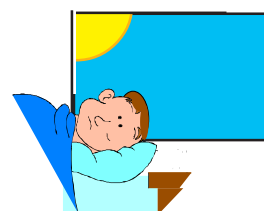
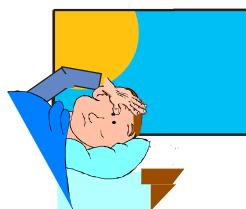
Key Phrases:

אֲשֶׁר נָתַן לְשֹׁכֵי בֵּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.  
who has given the rooster understanding  
to tell the difference between day and night.



Key Words

...וּ	and
...לְ	to the
אֲשֶׁר	who
בֵּין	understanding, wisdom (root)
בֵּין, בֵּין	between
בֵּינָה, בֵּינָה	understanding, wisdom
יוֹם	day
לְהַבְחִין	to tell the difference
לַיְלָה	night
נָתַן	give (root)
נָתַן	has given
שֹׁכֵי	rooster
שַׁחַר	sunrise



# לְשֹׁכֵי בֵינָה

שֹׁכֵי is Hebrew for rooster. But שֹׁכֵי also can be translated as "heart." Heart, in Judaism, involves more than just feeling. Heart is the home of understanding and knowledge. We give thanks for the rooster's ability לְהַבְחִין, to tell the difference, בֵּין, between, day and night. We also give thanks for our ability to appreciate the miracle of waking and beginning our day. Review the key words and phrase on the previous page. Concentrate in order לְהַבְחִין, to tell the difference, בֵּין, between, them. Then translate into English below.

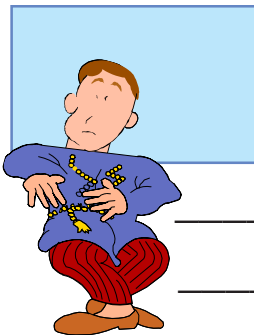
נתן \_\_\_\_\_ נתן \_\_\_\_\_

אֲשֶׁר \_\_\_\_\_ אֲשֶׁר נָתַן \_\_\_\_\_

שֹׁכֵי \_\_\_\_\_ לְשֹׁכֵי \_\_\_\_\_

בין \_\_\_\_\_ בֵּינָה \_\_\_\_\_

אֲשֶׁר נָתַן לְשֹׁכֵי בֵינָה \_\_\_\_\_



בין \_\_\_\_\_ בין \_\_\_\_\_ לְהַבְחִין \_\_\_\_\_

לְהַבְחִין בֵּין \_\_\_\_\_

וְבֵין \_\_\_\_\_ וְבֵין \_\_\_\_\_

יום \_\_\_\_\_ לַיְלָה \_\_\_\_\_

בֵּין יום וְבֵין לַיְלָה \_\_\_\_\_

לְהַבְחִין בֵּין יום וְבֵין לַיְלָה \_\_\_\_\_

אֲשֶׁר נָתַן לְשֹׁכֵי בֵינָה לְהַבְחִין בֵּין יום וְבֵין לַיְלָה \_\_\_\_\_

# לְהַבְחִין

A בְּרָכָה can be recited by an individual. A person can also get credit for a בְּרָכָה recited by another. To get credit one must respond with אָמֵן. The word אָמֵן means "I believe - I agree with what you just said." One should also say בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ (may God's name be blessed) after יי. Practice reading בְּרִכּוֹת הַשַּׁחַר with a partner, on page 3 and below. As one of you recites a בְּרָכָה, the other should respond with בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ and אָמֵן.

- 8. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִין מַצְעָדֵי-גִבּוֹר.
- 9. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.
- 10. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה.
- 11. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹתֵן לַיְעָף כֹּחַ.
- 12. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְעַבֵּיר שְׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעָפִי...



- 8. Praised are You, Adonai our God, Ruler of the Universe, who guides me on my path.
- 9. Praised are You... who girds Israel with strength.
- 10. Praised are You... who crowns Israel with splendor.
- 11. Praised are You... who gives strength to the weary.
- 12. Praised are You... who removes sleep from my eyes, and slumber from my eyelids...

# בֵּין יוֹם וּבֵין לַיְלָה

שחר is the Hebrew word for "sunrise." The name of our regular morning service, שחרית, comes from this word. So does the name of this prayer. Play the שחר game below with a partner. Flip a coin. Heads, move 1. Tails, move 2. Recite the requested blessing. Receive three points if you read it with no mistakes. Otherwise receive two.

START

Rooster crows in sound-sampling alarm clock. Say בְּרָכָה 1.

Remember who you are. Say בְּרָכוֹת 2 & 3.

Forget who you are. Go back one.

Open your eyes. Blink three times. Say בְּרָכָה 4.

Plan your day. School. Homework. Tennis. Say בְּרָכָה 8.

Climb out of bed without slipping on old socks. Say בְּרָכָה 7.

Stretch. Wiggle your fingers and toes. Sit up. Say בְּרָכָה 6.

Appreciate the colors of your pajamas! Say בְּרָכָה 5.

Put on jeans and a cobalt blue T shirt. Say בְּרָכָה 9.

Forget to say good morning to pet parrot. Go back one.

Put on a kippa for your morning prayers. Say בְּרָכָה 10.

Do twenty jumping jacks and thirty pushups! Say בְּרָכָה 11.

Dip your head in the sink to wake up. Say בְּרָכָה 12.

FINISH



# Reading Drill

The last blessing in בְּרִכּוֹת הַשַּׁחַר begins with these words:

בָּרוּךְ אַתָּה... הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי

"who removes sleep from my eyes and slumber from my eyelids."

This line is traditionally recited quietly, without an אָמֵן. The blessing really doesn't end there. It continues with the following paragraph asking God for compassion, wisdom, and loving kindness.

1. וַיְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁתַּרְגִּילֵנוּ
2. בְּתוֹרַתְךָ וּדְבָרֶיךָ בְּמִצְוֹתֶיךָ, וְאַל תִּבְיַאֲנוּ לָא לְיַדֵי חַטָּא,
3. וְלֹא לְיַדֵי עֵבִירָה וְעוֹן, וְלֹא לְיַדֵי נִסְיוֹן, וְלֹא לְיַדֵי בְזִיוֹן,
4. וְאַל תִּשְׁלַט בָּנוּ יְצֵר הָרָע. וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֶבֶר רָע.
5. וּדְבָרֶיךָ בְּיַצֵּר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים, וְכוּף אֶת יַצְרֵנוּ
6. לְהִשְׁתַּעֲבֹד לָךְ. וְתַנְּנוּ הַיּוֹם, וּבְכֹל יוֹם, לְחֵן וּלְחַסֵּד
7. וּלְרַחֲמִים בְּעֵינֶיךָ, וּבְעֵינַי כָּל רוּאֵנוּ, וְתַגְמְלֵנוּ חֲסָדִים
8. טוֹבִים: בָּרוּךְ אַתָּה יי, גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל:

When you have completed this chapter, and have all בְּרִכּוֹת הַשַּׁחַר reading lines checked off, your teacher will give you a sticker!

I have mastered  
בְּרִכּוֹת הַשַּׁחַר

