

# Nisim B'Chol Yom



A creative interpretation of the morning blessings over daily miracles

Jewish morning liturgy offers a series of gratitude blessings known as nisim b'chol yom—“everyday miracles” brought to us by God. This reading adds to the original prayers, reminding us of our own power to bring blessing into the world as well.

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לְשִׁכְוִי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, asher natan lasechvi vina,*  
*l'havchin Bein Yom Uvein Laila.*

**BLESSED ARE YOU WHO HAS GIVEN THE MIND THE ABILITY TO DISTINGUISH DAY FROM NIGHT.**

**BLESSED ARE THOSE WHO SEEK TO DISTINGUISH RIGHT FROM WRONG.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֵוִרִים.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, pokeiach ivrim.*

**BLESSED ARE YOU WHO OPENS THE EYES OF THE BLIND.**

**BLESSED ARE THOSE WHO REFUSE TO LOOK AWAY FROM THE SUFFERING OF OTHERS.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, matir asurim.*

**BLESSED ARE YOU WHO FREES THE CAPTIVE.**

**BLESSED ARE THOSE STRIVING TO FREE THOSE NOT YET FREE.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, zokeif k'fufim.*

**BLESSED ARE YOU WHO LIFTS UP THE FALLEN.**

**BLESSED ARE THOSE STILL SEEKING UPLIFT.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, roka ha'arets*  
*al hamayim.*

**BLESSED ARE YOU WHO STRETCHES THE EARTH OVER THE WATERS.**

**BLESSED ARE THOSE WHO BUILD BRIDGES TO SAFE PASSAGE.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּכִּין מִצֵּדֵי גִבּוֹר.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, hameichin mitz'adei gaver.*

**BLESSED ARE YOU WHO STRENGTHENS OUR STEPS.**

**BLESSED ARE THE FEET THAT FLEE FROM DANGER.**

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.  
*Baruch Atah Adonai Eloheinu Melech ha'olam, malbish arumim.*

**BLESSED ARE YOU WHO CLOTHES THE NAKED.**

**BLESSED ARE THOSE WHO AFFIRM THE DIGNITY OF ALL.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לַיָּעֹף כֹּחַ.

*Baruch Atah Adonai Eloheinu Melech ha'olam, hanotein laya'eif koach.*

**BLESSED ARE YOU WHO GIVES STRENGTH TO THE WEARY.**

**BLESSED ARE THE WEARY STILL SEARCHING FOR HOPE.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּעֲבִיר שְׁנָה מְעִינִי, וְתַנּוּמָה מְעַפְּפִי.

*Baruch Atah Adonai Eloheinu Melech ha'olam, hama'avir sheina*

*mei'einai utnuma mei'af'apai.*

**BLESSED ARE YOU WHO REMOVES SLEEP FROM THE EYES, SLUMBER FROM THE EYELIDS.**

**BLESSED ARE THOSE WHO REFUSE TO TIRE IN THE PURSUIT OF JUSTICE.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בְּצֶלֶם אֱלֹהִים.

*Baruch Atah Adonai Eloheinu Melech ha'olam, she'asani b'tzelem Elohim.*

**BLESSED ARE YOU WHO MADE ME IN THE IMAGE OF GOD.**

**BLESSED ARE THOSE WHO LOOK FOR THE DIVINE IMAGE IN OTHERS.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בֶן / בַּת חוֹרִין.

*Baruch Atah Adonai Eloheinu Melech ha'olam, she'asani ben/bat chorin.*

**BLESSED ARE YOU WHO HAS MADE ME FREE.**

**MAY WE WORK TOWARD THE FREEDOM OF THOSE WHO ARE NOT.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי יִשְׂרָאֵל.

*Baruch Atah Adonai Eloheinu Melech ha'olam, she'asani Yisrael.*

**BLESSED ARE YOU WHO HAS MADE ME A JEW.**

**MAY WE KNOW SAFETY AND TRANQUILITY.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.

*Baruch Atah Adonai Eloheinu Melech ha'olam, ozeir Yisrael big'vurah.*

**BLESSED ARE YOU WHO GIRDS THE JEWISH PEOPLE WITH STRENGTH.**

**MAY WE USE THAT STRENGTH FOR ALL TO KNOW SAFETY AND TRANQUILITY.**

ברוך אתה ה' אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

*Baruch Atah Adonai Eloheinu Melech ha'olam, oteir Yisrael b'tifarah.*

**BLESSED ARE YOU WHO CROWNS THE JEWISH PEOPLE WITH SPLENDOR.**

**MAY WE CLOTHE OURSELVES IN RIGHTEOUSNESS.**