

יְהִי רָצוֹן מִלְּפָנֶיךָ יי
 אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
 שְׁתּוֹלִיכֵנוּ לְשָׁלוֹם
 וְתַצְעִידֵנוּ לְשָׁלוֹם
 וְתִדְרִיכֵנוּ לְשָׁלוֹם
 וְתִגְיַעֵנוּ לְמַחֲזֵי חַפְצֵנוּ
 לְחַיִּים וְלִשְׂמֹחָה וְלִשְׁלוֹם
 וְתַצִּילֵנוּ מִכָּף כָּל אוֹיֵב
 וְאוֹרֵב בְּדַרְךְךָ
 וּמִכָּל מִינֵי פוֹרְעָנוּת
 הַמְתַּרְגְּשׁוֹת לְבוֹא לְעוֹלָם
 וְתִשְׁלַח בְּרָכָה בְּכֹל מַעֲשֵׂה יָדֵינוּ
 וְתִתְּנֵנוּ לַחַן וְלַחֶסֶד וְלִרְחָמִים
 בְּעֵינֶיךָ וּבְעֵינֵי כָל רוֹאֵינוּ
 וְתִשְׁמַע קוֹל תַּחֲנוּנֵינוּ כִּי
 אֵל שׁוֹמֵעַ תַּפְּלָה וְתַחֲנוּן אַתָּה.
 בְּרוּךְ אַתָּה יי, שׁוֹמֵעַ תַּפְּלָה.

Yehi ratzon mil-fanecha adonai eloheinu ve'elohei avoteinu [ve'imoteinu] she-tolicheinu le-shalom, ve-tatzideinu le-shalom, ve-tad-richeinu le-shalom, ve-tagi'ainu lim-choz chef-tzeinu le-chayim u-le-sim-cha u-le-shalom. Ve-tatzileinu mi-kaf kol oyeiv ve'oriev ba-derech u-mi-kol minei puranuyot ha-mit-rag-shot lav'o la'olam. Ve-tish-lach beracha be-ma'asei yadeinu. Ve-tit-neinu le-chein u-le-chesedu-le-rachamim be'einecha u-ve'einei chol ro'einu ve-tish-ma kol tachanuneinu ki el shomei'a tefila ve-tachanun ata. Baruch ata adonai, shomei'a tefila.

May it be your will, Adonai,
 our God and God of our ancestors
 to lead us to peace,
 to direct our steps to peace,
 to guide us to peace,
 and to guide us to our desired destination
 for life, joy, and peace.
 Save us from every enemy
 and ambush on the road,
 and from every type of affliction
 that rushes to enter the world.
 Send a blessing on the work of our hands,
 and grant us favor, loving-kindness, and mercy
 in your eyes and in the eyes of all who see us.
 Hear the sound of our supplications, for you are a
 God who hears prayer and supplication.
 Blessed are you, Adonai, who hears prayer.

Prayer Upon Leaving the Restroom

בְּרוּךְ אַתָּה יי
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
 אֲשֶׁר יָצַר אֶת הָאָדָם
 בְּחָכְמָה וּבָרָא בּוֹ
 נְקָבִים וְנִקְבִים
 חֲלוּלִים חֲלוּלִים
 גָּלוּי וְיָדוּעַ לְפָנֶי
 כְּסֵא כְבוֹדךָ שָׁמַיָּם
 יִפְתַּח אֶחָד מֵהֶם
 אוֹ יִסְתֵּם אֶחָד מֵהֶם
 אִי אֶפְשָׁר לְהִתְקִים
 וְלַעֲמוֹד לְפָנֶיךָ
 (אֶפְיָלוּ שְׁעָה אַחַת).
 בְּרוּךְ אַתָּה יי
 רוֹפֵא כָּל בָּשָׂר
 וּמַפְּלִיא לַעֲשׂוֹת.

Baruch ata adonai eloheinu melech ha'olam asher yatzar et ha'adam be-chochma u-vara vo nekavim nekavim chalulim chalulim. Galu'i ve-yadu'a lif-nei kisei k-vodecha she'im yipatei'ach echad me-hem 'o yisateim echad me-hem 'i efshar le-hit-kayem ve-la'amod lefanecha (afilu sha'a echat). Baruch ata adonai rofei kol basar u-maf-li la'asot.

A pocket blessing card
 for everyday
 mindfulness,
 gratitude, and
 extraordinary
 moments



All of the following blessings start with the formula:

Blessed are you, Adonai, our God, ruler of the universe...
Baruch ata adonai eloheinu melech ha'olam...

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...

Blessings Before Food

The following blessings are said before eating:

Before eating bread:

הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ

...who brings forth bread from the earth
ha-motzi lechem min ha'aretz

Before eating grains:

בוֹרֵא מִיְּנֵי מְזוֹנוֹת

...creator of types of nourishment
borei minei mezonot

Before drinking wine or grape juice:

בוֹרֵא פְּרֵי הַגָּפֶן

...creator of the fruit of the vine
borei p-ri ha-gafen

Before eating fruit from trees:

בוֹרֵא פְּרֵי הָעֵץ

...creator of fruit of the tree
borei p-ri ha'eitz

Before eating fruit or vegetables from the earth:

בוֹרֵא פְּרֵי הָאֲדָמָה

...creator of fruit of the ground
borei p-ri ha'adamah

Before eating meat, dairy, fish, and all non-grape based drinks:

שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ

...by whose word all things came to be
she-ha-kol nehiyeh bid-varo

The following is mentioned in the Talmud as the shortest blessing that fulfills the obligation of grace after meals:

בְּרִיךְ רַחֲמָנָא מְלִכָא דְעֵלְמָא מְרִיבָה דְהַאי פִּיתָא

B-rich rachamana mal-ka de'al-ma marei de-hai pita

Blessed is the merciful one, ruler of the universe, creator of this bread

All of the following blessings start with the formula:

Blessed are you, Adonai, our God, ruler of the universe...
Baruch ata adonai eloheinu melech ha'olam...

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...

Blessings of Wonder

The following blessings are said for the following extraordinary moments:

Upon seeing lightning, shooting stars, or other wonders of nature:

עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית

...who makes the works of creation
'oseh ma'aseh bereishit

Upon seeing the ocean:

שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל

...who made the great sea.
she'asa et ha-yam ha-gadol

Upon hearing thunder or a powerful storm:

שֶׁכַּחוּ וְגִבּוֹרָתוֹ מֵלֵא עוֹלָם

...whose strength and power fill the world
she-kocho u-gevurato maleh olam

Upon seeing exceptionally beautiful creatures or trees:

שֶׁכַּכָּה לוֹ בְּעוֹלָמוֹ

...that there are such as this in your world
she-kacha lo be'olamo

Upon seeing a rainbow:

זוֹכֵר הַבְּרִית וְנֹאמָן בְּבְרִיתוֹ

...who remembers the covenant, is faithful to it,
and keeps its promise

וְקַיָּם בְּמַאֲמָרוֹ

zocher ha-berit ve-ne'eman bi-v-rito
ve-kayam be-ma'amaro

The following is traditionally recited upon doing or seeing something for the first time (in a year):

שֶׁהַחַיָּנוּ וְקִיְמָנוּ, וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה

...she-he-chiyanu ve-kiyemanu ve-higi'anu la-z-man ha-zeh

...who has granted us life, sustained us, and brought us to this day