



Birkat Hoda'a (Thanksgiving)

(משתחוים עד תפלה "הוא")

מוֹדִים אֲנַחֲנוּ לָךְ
שֶׁאַתָּה הוּא ה' אֱ-לֹהֵינוּ וְאֱ-לֹהֵי אֲבוֹתֵינוּ
לְעוֹלָם וָעֶד
צוּרֵנוּ צוּר חַיֵּינוּ

מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר.

גוֹדֵה לָךְ וְגִסְפָּר תְּהִלָּתְךָ

עַל חַיֵּינוּ הַמְסוּרִים בְּיָדְךָ

וְעַל נְשָׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ

וְעַל נֶסֶיךָ שֶׁבְּכֹל יוֹם עִמָּנוּ

וְעַל נִפְלְאוֹתֶיךָ

וְטוֹבוֹתֶיךָ שֶׁבְּכֹל עֵת, עָרֵב וּבֹקֵר וְצַהֲרָיִם.

הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ,

וְהִמְרַחֵם כִּי לֹא תִמּוּ חֲסֵדֶיךָ

כִּי מֵעוֹלָם קוִיֵּנוּ לָךְ

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם וְיִתְנַשֵּׂא

שִׁמְךָ מִלְּכֵנוּ

תָּמִיד לְעוֹלָם וָעֶד.

(בבב"ת: וכתב לחיים טובים כל בני בריתך.)

וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה

וְיִהְלְלוּ וְיִבְרְכוּ אֶת שִׁמְךָ הַגָּדוֹל

בְּאֵמֶת לְעוֹלָם כִּי טוֹב,

הָאֵ-ל יִשׁוּעָתֵנוּ וְעִזְרָתֵנוּ סֵלָה, הָאֵ-ל הַטוֹב.

(סולעים = ומשתחוים = אורנים לעבודה
מכוספים הברכיים, מכוספים הגב) (קפסה)

בְּרוּךְ אַתָּה ה',

הַטוֹב שִׁמְךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

(Bow until the word "Hu")

We thank You

That You are Hashem Elokeinu
and the G-d of our forefathers

Rock of our lives

Shield of our deliverance You
are in every generation

We will thank You And tell
Your praises

For our lives handed over to
You

And for our souls which are
entrusted to You

And for Your miracles for us
every day

And for Your wonders

and favors all the time
– evening, morning and
afternoon.

The Good One, because Your
mercy never ends

And the Merciful One,
because Your kindness never
stops

We have always placed our
hope in You.

And for all the above may
Your Name, our King be
blessed and raised high

All the time and forever

(During the Ten Days of
Repentance: And write down all
the children of Your covenant
for a good life)

And all the living will thank
You forever

And praise Your Name in truth

The Almighty, our deliverance
and our help forever

(Bend your knees, bow and
stand up straight again)

Blessed are You Hashem, "The
Good One" is Your Name and
it is to You that it is fitting to
give thanks.

You are our Creator and
Supporter of our lives

For our existence moment
by moment

Every night while we are
asleep

Hidden miracles we don't
notice, which allow us to
continue to live

Through Nature

You are kind to us even if
we don't deserve it

We are always waiting for
You and Your deliverance

All creatures all over the
world will thank You



Praise

Individual Requests

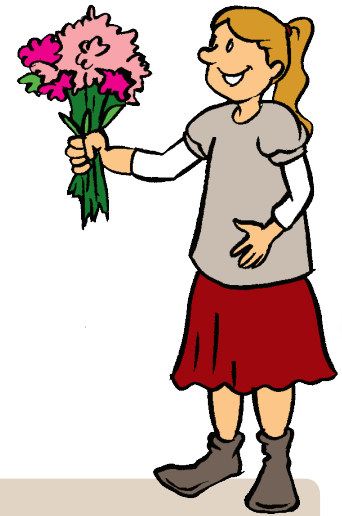
Communal Requests

Thanksgiving

Hoda'a
(Thanksgiving)

The Theme of the Bracha

In this beracha we thank Hashem for the good He does for us every day. We are always sure of Hashem's help and He is always ready to protect us from any harm. We thank Hashem for giving us life and allowing us to continue to live every day by Him performing hidden miracles – miracles we mistakenly take for granted.



Questions

1. Write down three things for which you can thank Hashem.
2. "And for Your miracles for us every day"
 - can you tell us about a miracle that happened to you today?

The Before and After Prayers

When Rav Aharon Lichtenstein's daughter was about to give birth, the family was very happy and they all rushed to the hospital. But when they got there, the doctor told them that the mother-to-be would have to have an urgent operation.

They all began saying Tehillim (Psalms), until the doctor came out again and told them that everything was okay and that mother and baby were doing fine.

Nevertheless, the baby's father noticed that Rav Aharon was still praying. He went up to him and said, "Rav Aharon, didn't you hear? Your daughter and the baby are okay."

The Rav smiled and said, "We knew very well how to cry to Hashem when we needed help. What about thanking Him now that everything is okay?"



Hoda'a
(Thanksgiving)

Praise

Individual Requests

Communal Requests

Thanksgiving

קטונטי

מילים: בראשית לב /תהלים פ
לחן: יונתן ראזל

קטונטי נפול הכסדים
ונפול האמת
אשר עלית את ארבע
כי במקלי עברתי את הירדן
הצה ולתה הייתי לשני מחנות
הצילוני לא , הצילוני לא
כי נוסדך גדול עלי
ועתה יצאני
נאאלו תתוק

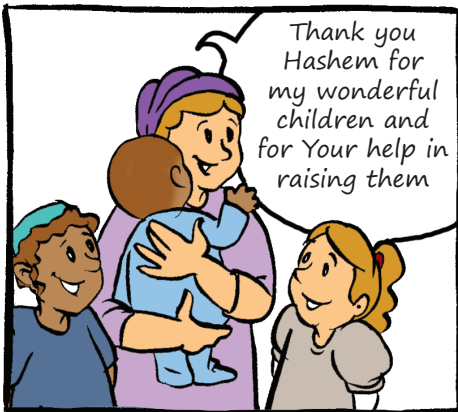
Katonti

Words: Bereishit 32

I am unworthy of all the
kindness and faith that you
have shown me
When I left home I crossed
the Jordan only with my staff
and now I have enough for
two camps
Please save me

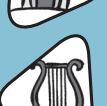
Shirat HaLev Question

Why is it important
to thank Hashem?
What character trait
are we acquiring
when we thank
Hashem?



Each of us has received a number of things from Hashem for which we can thank Him every day. Each person according to his or her needs, understanding and ability.

Hoda'a
(Thanksgiving)



Praise

Individual Requests

Communal Requests

Thanksgiving