

### Ah'sher YahTzahr Blessing

(Prayer After Using Bathroom)

|  |   |   |   |  |                            |                             |                                   |
|--|---|---|---|--|----------------------------|-----------------------------|-----------------------------------|
| King of<br>מֶלֶךְ<br>MehLehch  | Our God<br>אֱלֹהֵינוּ<br>Eh'lohHayNoo       | Hashem<br>יְיָ<br>Ah'dohNai             | Are You<br>אַתָּה<br>AhTah                    | Blessed<br>בָּרוּךְ<br>BahRooch              |                            |                             |                                   |
| The man<br>הָאָדָם<br>HahAhDahm  | ---<br>אֵת<br>Eht                           | Created<br>יָצַר<br>YahTzahr            | Who<br>אֲשֶׁר<br>Ah'sher                      | The universe,<br>הָעוֹלָם,<br>HahOhLahm,     |                            |                             |                                   |
| Openings,<br>נְקָבִים,<br>N'kahVeem,   | Openings<br>נְקָבִים<br>N'kahVeem           | In Him<br>בוֹ<br>Voh                    | And created<br>וּבָרָא<br>OohVahRah           | In wisdom,<br>בְּחָכְמָה,<br>B'chochMah,     |                            |                             |                                   |
| In front of<br>לְפָנַי<br>LeefNay  | And known<br>וַיִּדְוֶעַ<br>V'yahDooAh      | It is revealed<br>גָּלוּי<br>GahLooih   | Hollows.<br>חֲלוּלִים.<br>Chah'looLeem.       | Hollows<br>חֲלוּלִים<br>Chah'looLeem         |                            |                             |                                   |
| One<br>אֶחָד<br>EhChahd  | Will be opened<br>יִפְתָּח<br>YeePahTehAhch | That if<br>שָׂאם<br>ShehEem             | Your glory,<br>כְּבוֹדְךָ,<br>Ch'vohDehChah,  | Throne of<br>כִּסֵּא<br>CheeSeh              |                            |                             |                                   |
| It's not<br>אֵי<br>Ee  | From them<br>מֵהֶם<br>MehHehm               | One<br>אֶחָד<br>EhChahd                 | Will be clogged<br>אוֹ יִסְתָּם<br>YeeSahTehm | Or From (of) them<br>אוֹ מֵהֶם<br>Oh MehHehm |                            |                             |                                   |
| Before You.<br>לְפָנֶיךָ.<br>L'fahNehChah.   | And to stand<br>וּלְעֵמֹד<br>V'lahAh'mohd   | To exist<br>לְהִתְקִים<br>L'heetKahYehm | Possible<br>אֲפֹשֶׁר<br>EhfShahr              |  |                            |                             |                                   |
| <i>Nusach Sefard:</i>  |   |   |   |  |                            |                             |                                   |
| <table border="1"> <tr> <td>One.<br/>אֶחָת.<br/>EhChaht.</td> <td>An hour<br/>שָׁעָה<br/>ShahAh</td> <td>Even for<br/>אֲפִילוֹ<br/>Ah'feeLoo</td> </tr> </table> |   |   |   |  | One.<br>אֶחָת.<br>EhChaht. | An hour<br>שָׁעָה<br>ShahAh | Even for<br>אֲפִילוֹ<br>Ah'feeLoo |
| One.<br>אֶחָת.<br>EhChaht.   | An hour<br>שָׁעָה<br>ShahAh                 | Even for<br>אֲפִילוֹ<br>Ah'feeLoo       |   |  |                            |                             |                                   |
| To do (He does).<br>לַעֲשׂוֹת.<br>LahAh'soht.  | And wonders<br>וּמַפְלִיא<br>OohMahfLee     | Flesh<br>בָּשָׂר<br>BahSahr             | All<br>כָּל<br>Chohl                          | Who heals<br>רוֹפֵא<br>RohFeh                |                            |                             |                                   |

### MohDeh Ah'nee Prayer

Start here

|  |                           |   |   |                      |  |                                   |
|--|---------------------------|---|---|----------------------|--|-----------------------------------|
| And enduring<br>וְקָיָם,<br>V'kahYahm,                     | Living<br>חַי<br>Chai     | King<br>מֶלֶךְ<br>MehLehch              | Before You<br>לְפָנֶיךָ,<br>L'fahNehChah, | I<br>אֲנִי<br>Ah'nee | Thank (f)<br>מוֹדָה<br>MohDah (f)                      | Thank (m)<br>מוֹדָה<br>MohDeh (m) |
| Is Your faithfulness.<br>אֱמוּנָתְךָ.<br>Eh'mooNahTehChah. | Great<br>רַבָּה<br>RahBah | In mercy;<br>בְּחַמְלָה;<br>B'chehmLah; | My soul<br>נַשְׁמָתִי<br>NeeshMahTee      | In me<br>בִּי<br>Bee | That You returned<br>שָׁחַרְתָּ<br>ShehHehCheh'zahrTah |                                   |



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### N'teeLaht YahDahYeem

This Blessing is said after washing the hands upon awakening from a deep sleep, and after washing the hands before eating bread.

|   |  |  |  |  |
|---|--|--|--|--|
| King of<br>מֶלֶךְ<br>MehLehch                         | Our God<br>אֱלֹהֵינוּ<br>Eh'lohHayNoo        | Hashem<br>יְיָ<br>Ah'dohNai                  | Are You<br>אַתָּה<br>AhTah                     | Blessed'<br>בָּרוּךְ<br>BahRooch         |
| In His commandments<br>בְּמִצְוֹתָיו<br>B'metzVohTahv |  | Sanctified us<br>קִדְּשָׁנוּ<br>KeeD'shahNoo | Who<br>אֲשֶׁר<br>Ah'sher                       | The universe,<br>הָעוֹלָם,<br>HahOhLahm, |
| Hands.<br>יָדַיִם.<br>YahDahYeem.                     | Taking of (washing)<br>נְטִילַת<br>N'teeLaht | On<br>עַל<br>Ahl                             | And commanded us<br>וְצִוָּנוּ<br>V'tzeeVahNoo |  |