

TO AWAKEN TO A DAY OF LOVINGKINDNESS

Praised are You, Lord our God, Ruler of the universe,  
who removes sleep from my eyes and slumber from my eyelids.

May it be Your will, Lord our God and God of our ancestors,  
to make us familiar with Your Torah  
and help us adhere to Your commandments.

Keep us from all sin and disgrace;  
let no evil impulse gain mastery over us.

Keep us far from an evil person and a corrupt companion.  
Help us to cultivate our noble impulses  
so that we may always perform good deeds  
and bend our will to do Your service.

Grant us, this day and every day,  
grace, love, and compassion  
in Your sight and in the sight of all.

Grant us an abundant measure of lovingkindness.

Praised are You, O Lord,  
who bestows lovingkindness upon Your people Israel.