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

Praised are You, O Lord, who blesses us with an abundant measure of lovingkindness.

In Your sight and in the sight of all,

Grace, love, and compassion,

Grant us this day and every day,

Help us to cultivate our noble impulses.

Keep us far from evil persons and corrupt companions.

Let no evil impulses gain mastery over us.

Keep us from all sin and disgrace.

And help us adhere to Your commandments.

To make us familiar with Your Torah.

May it be Your will, Lord our God and God of our ancestors,

Who removes sleep from my eyes and slumber from my eyelids.

Praised are You, Lord our God, Ruler of the universe.

To awaken to a day of lovingkindness.