

Meditation on Gratitude

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Read this silent prayer one phrase at a time, pausing between phrases. Let your lips move, giving life to your words.

This meditation may be recited before or after the Modim prayer in the morning Amidah

Rib-bo-no shel o-lam ... God of all that is ...

Mo-dim a-nách·nu lach ... I thank you ...

I acknowledge Your presence in my life ...

I thank You for all the blessings You provide ...

and I bow to You in gratitude ...

My life has many blessings ...

I now acknowledge ...

that so much comes from You ...

I am grateful ... that I am alive today ...

I am grateful ... for the miracle of my body ... and my soul ...

I am grateful ... for health ... and the possibility of healing ...

I am grateful ... for the people in my life ...

I thank You for all the blessings You provide ...

the courage and determination ...

to meet the challenges that I face each day ...

the abilities and skills ...

to make my way in the world ...

the insight and direction ...

to stay on a productive path ...

the love and understanding ...

that enable me to see my true worth ...

I bring You today my gratitude ...

placing it before You ...

as our ancestors placed their gifts on Your altar.

Thank You, God ... Mo-dim a-nách·nu lach ...

for all that You have given me ...

for all that You give me each and every day ...

Breathing in ... I receive Your blessings ...

Breathing out ... I offer You my gratitude ...

I place my gratitude on Your altar ...

I acknowledge Your presence in my life ...

I thank You for all the blessings You provide ...

and I bow to You in gratitude ...

Breathing in ... I receive Your blessings ...

Breathing out ... I offer You my gratitude ...

Our lives are in Your hands ...

Our souls are in Your care ...

Your miracles are always with us ...

Your loving kindness is endless ...

Your compassion is boundless ...

Mei·o-lam kiv·ví·nu lach ...

You are the source of our hope ...

We always put our hope in You ...

Breathing in ... I receive Your blessings ...

Breathing out ... I offer You my gratitude ...

Thank You, God.