
Torah Portion: Tol'dot, Genesis 25:19–28:9
Haftarah: Malachi 1:1-2:7

Morning Blessings

Music by Shefa Gold

?? מַתִּיר אֲסוּרִים, ?? פּוֹקֵחַ עֵוְרִים,
?? זֹקֵף כְּפוּפִים, ?? אוֹהֵב צְדִיקִים.

*Adonai matir asurim, A-do-nai po-kei-ach iv-rim,
Adonai zokeif k'fufim, Adonai oheiv tsadikim.*

Adonai frees the captives,
Adonai opens the eyes of the blind,
Adonai lifts up the fallen, Adonai loves the righteous.

Ahal'lah Adonai b'chayai!

אֶהְלֵלָה ?? בְּחַיָּי.

I will praise Adonai with my life!

Silent Writing Reflection

In this moment, I am feeling...

In this moment, I have a question about...

In this moment, I am hoping...