**Thank**

**YOU**

**For the**

**Gift**

**of another day**

**“Modeh Ani....”**

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**Preface**

‘Modeh Ani’ -

The same word ‘Modeh’ to thank, also means to elevate. When we thank, we are also obligated to study and appreciate the great gifts we are receiving from Hashem daily.

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We do not say, “I thank.” Rather, we start with, “Thanking” is “I”... *it* should become our essence!

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‘Lefonecha’ - before You.

Hashem is the Creator and Sustainer of all. His Presence is all over and His gifts include everything we see and experience, whether we know about it or not.

There are numerous sources that teach our primary purpose of life to thank Hashem always. See for example the last two words of Tehilim Chapter 30 and also Chapter 92.

1. **Melech - The King**

Hashem is the absolute King in charge of everything!

We thank and praise Hashem at least 100 times daily to keep on reminding ourselves that He is our King. And we start with this greatest of lessons every morning with -

“Modeh Ani… ‘Melech’...” not all people wake up every morning.

We need to be grateful and say “Modeh Ani” with joy and excitement to relish the great feeling of ushering in a new day, a grand gift from the King of the universe!

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Some explain ‘Melech’ from the word ‘Molich,’ He leads and guides the world in every way.

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‘Chai’ - He is the Source of all life and

‘Vekayom’ - He is forever, infinite.

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One of the great methods of recognizing Hashem as our King is to keep our mouths closed in His Presence. As the Rambam teaches, “A person should always produce an increase of quietness.”

2. **Quiet Wisdom**

“To You, keeping quiet is Praise,” Tehilim 65!

A wise person does not speak in the Presence of one who is greater than him,” Avos 5:7.

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When we say thanks to Hashem, we are humbled. It is a process of connecting and clinging to Hashem for which the Torah says, “By clinging to Hashem your G-d, you are alive today,” Devarim 4:4.

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“For replacing my Neshama soul in me with mercy…”

“Your steadfastness/ faith is so great.”

1- My Neshama, the best one for me!

2- Completely recharged, like brand new!

3- Even if one may be unworthy, Hashem has faith in us to do better today!

3. **Thank You, Plus**

After we thank and admit to Hashem the King for His great gift, we conclude with “Your faithfulness is so great.”

Why is *that* a part of the ‘Thanking’ formula?

We learn in Brochos 7b that Leah was the first person in history who gave unique thanks to Hashem when her son Yehudah was born. She said, “Now, I will really thank Hashem,” but then she stopped having children,” Bereishis 29:35. Why?

It is explained she should have said, “And please give me more”!

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Thus in ‘Modeh Ani’ we close, as in the Song of Thanks in Tehilim 100 and other places, that Hashem is always doing many such great acts for us. We hope He will continue tomorrow and for many long and healthy years of life.

4. **There is no other way**

We keep on praying, as the Rambam summarizes in Chapter 10:26 of the laws of Brochos: -

“A person should always pray for mercy for the future and keep on thanking for the past. We need to thank and praise as much as we can. The more, the better…”

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1- We need to remind ourselves that we cannot manage at all without Hashem’s ongoing help. There is no other way, and

2- Our goal should always be to serve Hashem more and better with His help.

“Sleep is a sixtieth of death,” Brochos 57b. How happy and grateful would you be if you would focus and realize that Hashem woke you up this morning to save you from a form of death?

5. **Who are you?**

How do we define ourselves? What are our ideals, values and dreams?

The answer to “Who are you?” can be answered best by what you admit to and thank Hashem for.

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‘Modeh Ani’ - by thanking for your Neshama, you recognize who you are!

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“If I am not for myself, who will be for me?” Avos 1:14.

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We have 3 references here to me,

“I thank,”

“You replaced me,”

“My Neshama.”

This all points us to realize, “The world was created for me!” Sanhedrin 37a.

6. **Life is for living**

What is living? Living is defined as:

* Studying Torah,
* Prayer to Hashem,
* Helping others and

thus becoming you!

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How great is Your Emunah?

Even if a person would not be able to do any of the above all day, but he would have the awesome opportunity to think of Emunah - trust in Hashem, he should be extremely happy! Each day is a unique gift to be alive with Emunah…

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...plus the fact that Hashem woke us up this morning is proof than Hashem trusts that we will do our best to serve Him today!

7. **Key to Wealth**

“A rich person is one who rejoices with his portions,” Avos 4:1. Thus, you can choose to say the Modeh Ani - ‘Thank You,’ daily with joy.

Hashem wakes us up so that we should become happy, amazing, marvelous, magnificent and fantastic. The key is not to wait until Hashem helps us to win another lottery. Rather, realize that He already had you win by granting you tons of benefits that are worth more than money!!

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“It is up to me…”

* to thank Hashem
* for life,
* for my Neshama,
* for amazing mercy from Hashem,
* for the ongoing ability to keep on saying, “It is up to me!”

8. **To Win**

To ‘win’ daily, it pays to focus on “What’s Important Now?”

We need to:

* “Learn from all others,
* discipline ourselves to keep on learning and practicing,
* keep on rejoicing with our portions, and
* keep on honoring each and every person,” Avos 4:1.

Thus focus daily on reviewing one Torah phrase 101 times. Here are some suggestions to start with:

* The world stands on Torah, Prayer Service and Kindness to others,
* Say less and do more,
* Action is primary,
* Now is the time,
* The rewards are tremendous,
* Greet and accept each person with a caring friendly smile.

9. **Strive to Connect**

When you are ready to leave your home in the morning, you can take a few moments to look at one of your mezuzos on a doorpost and say,

“This is like a post-it note to remind me of my goals for today,”

* To connect with Hashem the One and Only One who runs the world,
* Love Him… there are no other powers in control,
* Fear Him and avoid distractions.
* Fulfill His Torah and mitzvah instructions...

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10. **There is no other...**

The Nefesh Hachayim explains this greatest of methods to achieve our goals in life - focus on the Principle of “There is no other besides Hashem!!!”

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This is the message of

“I thank You…”

Every morning we should wake up smiling and thanking Hashem for another chance to do our best to serve Him. [We can review this booklet many times until we begin singing Modeh Ani as if we composed the song!]

We need to own it so that it becomes how we think and enjoy a permanent positive feeling towards Hashem and His abundant ongoing gifts to us.

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The secret is not to just say it because it's in the Siddur, but rather because you mean it. Say it with your heart and mind. Say it with a big smile.

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**Thank You, Hashem.**