

Upon arising:

מוֹדָה-מוֹדָה אֲנִי לְפָנֶיךָ ,

Mo-deh' - Mo-dah' a-ni' le-fa-nei'-cha
thank, m. thank, f. I to face/presence Your

מֶלֶךְ חַי וְקַיִם , שֶׁחֲזַרְתָּ בִּי

Me'-lech chai ve-ka-yam', she-he-che-zar'-ta bi
King living and enduring , Who caused to return in me

נִשְׁמָתִי בְּחֶמְלָה ---- רַבָּה אֲמוּנָתְךָ .

nish-ma-ti' be-chem-lah' ----- ra-bah' e-mu-na-te'-cha .
soul my in pity, compassion ----- great (is) faithfulness Your

Ritually wash the hands, then recite:

רֵאשִׁית חֲכָמָה יִרְאֵת יְהוָה , שֵׁכֶל טוֹב

Re-shit' choch-mah' yir-at' Adonai, se'-chel tov
beginning/first (of) wisdom (is) awe of Adonai, insight, good
understanding

לְכֹל עֲשִׂיהֶם , תְּהִלָּתוֹ עֲמֹדֶת לְעַד .

le-chol' o-sei-hem', te-hi-la-to' o-me'-det la-ad'.
to all (ones who) do them. praise His stands to forever.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד .

Ba-ruch' shem ke-vod' mal-chu-to' le-o-lam' va-ed'.
blessed (is) name glorious (of) kingship His to eternity and forever.