



Gratitude / *Hoda'ah*

Blessing for <i>Hoda'ah</i> / Gratitude	2
I Give Thanks, <i>Trisha Arlin</i>	3
Modim, <i>Steve Silbert</i>	4
Grateful, <i>R. Rachel Barenblat</i>	5
Hakarat HaTov, <i>Steve Silbert</i>	6
What even is this, gratitude? <i>R. Sonja Keren Pilz, PhD</i>	7
Grow, <i>Joanne Fink</i>	8
We Thank You, <i>R. David Zaslów</i>	9
Right Now, <i>Steve Silbert</i>	10
Bending the Knee, <i>Trisha Arlin</i>	11
Blessings, <i>Joanne Fink</i>	12
The Son of Refugees, <i>R. David Zaslów</i>	13
Previous Offerings in This Series / About Us	14

“We are grateful before You.” Is gratitude innate? Is it part of who we are? What if we don’t feel grateful? What if we can’t feel grateful? What forms does our gratitude take? What are the challenges of gratitude? How might we grow in gratitude? What about when gratitude is bittersweet? Here are some of our answers to these questions. We hope they speak to you.

– *The Builders at Bayit*

Blessing for *Hoda'ah* / Gratitude

Modim anahnu lakh, she'atah Hu, יהו'ה
 Eloheinu v'Elohei avoteinu, l'olam va'ed,
 Tzureinu Tzur Hayeinu, Magen Yisheinu,
 atah Hu l'dor vador, nodeh lekha
 unsaper t'hilatekha, al hayeinu hamsurim
 b'yadekha, v'al nishmoteinu ha-p'kudot
 lakh, v'al nisekha sheb'chol yom imanu,
 v'al nifl'otekha v'tovotekha sheb'khol eit,
 erev vavoker v'tzohorayim. Hatov, ki lo
 khalu rahamekha; v'hamraheim, ki lo
 tamu hasadecha: ki mei-olam kivinu lakh.

V'al kulam yitbarakh v'yitromam
 v'yitnaseh shimkha Malkeinu tamid l'olam
 vaed, v'khol haHayim yodukha selah,
 vihalelu v'yarkhu et shimkcha hagadol
 be'emet, l'olam ki tov, haEl y'shuateinu
 v'ezrateinu selah, haEl hatov. Barukh
 atah, יהו'ה, hatov shimkha ul'kha na'eh
 l'hodot.

We are grateful before You, for You, יהו'ה our God and God of our ancestors, are forever the Rock of our lives, the shield of our salvation; You are this for us in every generation. For our lives which are in Your hands, and our souls which are in Your keeping, and for the wonders You do for us each day and the miracles You perform for us at every moment, evening and morning and afternoon: Your mercies never end, Your compassion never fails, we put our hope in You.

For all these things, O God, let Your name forever be praised, for You are the God of our redemption and our hope. Blessed are You, יהו'ה, whose Name is good and who does great things worthy of our thanksgiving.

מודים אנחנו לך, שאתה הוא, יהו'ה
 אלהינו ואלהי אבותינו, לעולם ועד,
 צורנו צור חיינו, מגן ישענו, אתה הוא
 לדור ודור, נוֹדָה לך ונספר תהלתך, על
 חיינו המסורים בידך, ועל נשמותינו
 הפקודות לך, ועל נסידך שבכל יום עמנו,
 ועל נפלאותיך וטובותיך שבכל עת, ערב
 ובקר וצהרים, הטוב, כי לא כלו רחמיך,
 והמרחם, כי לא תמו חסדיך, כי מעולם
 קוינו לך.

ועל כלם יתברך ויתרומם ויתנשא שמך
 מלפניו תמיד לעולם ועד.
 וכל החיים יודוך סלה, ויהללו ויברכו את
 שמך הגדול באמת, לעולם כי טוב, האל
 ישועתנו ועזרתנו סלה, האל הטוב. ברוך
 אתה יהו'ה, הטוב שמך ולך נאה
 להודות.



I Give Thanks

This year,
In the face of our pain, fear and anger,
I must help, so
I must perform gratitude
Though I feel none,
Because we need it,
And because it is my work so
I give thanks.
Right now
This very second
As I am writing these words
I am not dead,
At least not yet,
And neither are you so
I give thanks.
Today
I eat.
I listen to music.
I talk to a friend.
I sleep in a bed under a roof.
Breathing in then out then in,
Each breath is a prayer so
I give thanks.
And you reading this,
I give thanks for that, too.
Are you okay?
Did this help?
It helped me
A little. So
Let us say,
Amen.

Trisha Arlin

Modim



Steve Silbert



Grateful

מודים אנחנו לך / modim anahnu lakh / We are grateful before You.

It's in our name: *yehudim*,
"the grateful ones." Though
gratitude may not square with
how I begin my emails now,
"I hope this finds you well
despite..." Despite war in Gaza,
missiles from the Houthis,
Los Angeles in flames,
massive AI data centers
drinking our watersheds dry,
the way the wicked prosper...
I make my little lists of miracles
—this small purple teapot,
a new recipe for lemon cake,
warm cat on my lap—though
I worry about spiritual bypassing,
using pretty platitudes to paper
over life's jagged edges.
But *l'hodoṯ* means both to thank
and to confess or admit.
I confess before You, our God
and God of our forebears:
right now I need You
to be our womb,
not our rock. The world is sharp.
Wrap me in blankets
and comfort me with apples.
Hold my hope for me
until I can feel grateful again.

R. Rachel Barenblat

Hakarat HaTov



While the blessing of *Hoda'ah* is part of the *keva l* framework of prayer, it is a *kavannah l* intention that becomes more powerful and impactful when we bring it along with us throughout the day. “Modim anaḥnu lakh - We are grateful - for our lives, our souls, the miracles around us every moment of the evening, morning and afternoon...”

Hakarat HaTov (written in the above image in Hebrew) is one Hebrew phrase for ‘gratitude’ but it literally translates as ‘recognize the good.’ The *Hoda'ah* blessing is a reminder that as the creations of the Creator are continuously being brought into existence, so too can our gratitude be a continuous process of recognizing the good and then giving thanks.

Steve Silbert



What even is this, gratitude?

Gratitude, healing, and forgiveness
Grow on their own time. We
Cannot push for them, we can't make demands.
Sometimes the pain takes over, the heaviness, the hopelessness.
Never judge. And if we must judge, then always, we should
Give the benefit of the doubt.

One day, maybe, some time, we look at the arc of our lives,
Or the love we received, or the hands of a friend,
And we get a sense of that goodness that is far from perfection.

Sometimes, maybe, when we bend our spines during prayer, or open our palms, or rise from our seats,
The words we say seem to make sense: And we are, for a moment,
The grateful, the chosen, the ones who found their place in this world.

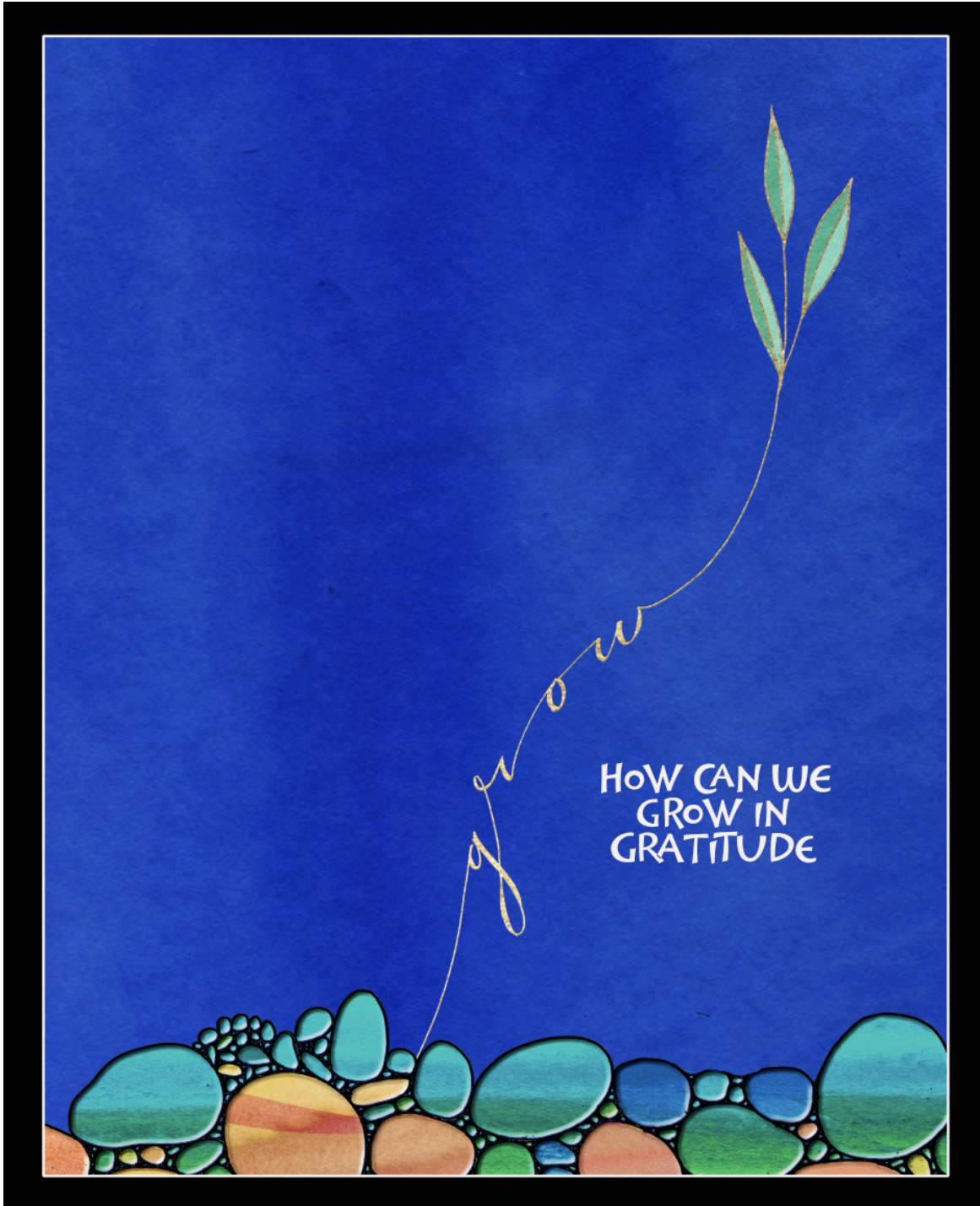
From time to time, maybe, there is a moment of utter blissfulness over
The taste of a fruit, water drops, the shape of a statue, or a kiss. Then
We dwell in the sense of the miracle of our bodies, the way we exist.

Most of the time, we say the words because we are taught to say them: "Thank you" and "Please" and
"You're welcome" and "With pleasure". And then
We bow, and we shake hands, and we smile at each other, God at me, and I at God, and
That's good enough.

Blessed are You, *ha'El haTov*, the God who is good,
Good enough.

Rabbi Sonja K. Pilz, PhD

Grow



Joanne Fink



We thank You

מוֹדִים אֲנַחְנוּ לָךְ מוֹדִים אֲנַחְנוּ לָךְ

We thank You

We thank you for doing

for being

on earth,

in water

in the air

in light

In time

in empty space

in all of us

in each of us

In all time

right now

מוֹדִים אֲנַחְנוּ לָךְ

We thank You

For what is easy

to be thankful for -

sun and moon,

family and love.

We thank You

even for what is difficult

to be thankful for -

the challenges and struggles

that give us pause

to be thankful for the moments

when we are not challenged

or struggling.

Rabbi David Zaslow

Right Now



Steve Silbert



Bending The Knee

Blessed Was/Is/Will Be,

For the happy memories
Of myself as
A contrarian
A Jew
A progressive
An artist
And an annoying woman,
I bend the knee
In gratitude
For who and what I was.

For the absolute disgust
Brought on
By the oligarchs
The fascists
The opportunists
The predators
And the willfully ignorant,
I bend the knee
In gratitude
For who and what we are.

For the old lady joy I get
When I see the young
Organize
March
Sing
Pester
And pray,
I bend the knee
In gratitude
For who and what we will be.

Amen

Trisha Arlin

Blessings



Joanne Fink



The Son of Refugees

I'm the son of refugees
on my mother's side
from Poland
and the grandson of refugees
from Ukraine on my father's side.
Without much to give thanks for
when they arrived at these shores,
throughout their lives
they thanked America.

In the 60's I had to explain
why some of my friends
burned flags, or draft cards,
or raised their hands in a fist
during the national anthem
at the '68 Olympics.
I had to explain
that hidden deep within
the protests and fists
they might have found
something to be grateful for –
that we live in a country
where we're free to protest
unlike the Poland or Ukraine
where they fled from.

America, I too love you,
and sometimes it hurts to love.
What to do?
I'll start by standing up,
And bending my knees.
I'll bow, rise, and chant
מוֹדֵי־אֵם אֲנִי־לְךָ
"We thank you Holy One
for the wonders You do for us
each day, and the miracles
You perform for us at every moment."

Rabbi David Zaslow

Previous Offerings In This Series

- 0 - [Open / Adonai S'fatai](#)
- 1 - [Ancestors / Avot v'Imahot](#)
- 2 - [All This Power / Gevurot](#)
- 3 - [Holy / Kedusha](#)
- 4 - [This Day / Kedushat HaYom](#)
- 5 - [Service / Avodah](#)

About Us



Co-created by members of Bayit's Liturgical Arts Working Group, 2024.

At Bayit, we empower Jewish community by developing innovative tools and resources that foster spiritual connection, education, and growth. Together our visionary teams of clergy, liturgists, artists, game designers, and educators create, test, refine, and share tools for a Jewish future always under construction.

Find our collaborations here: [Liturgical Arts Working Group](#)

And our bios here: [Builder Biographies](#)

