

B"H

A HALACHIC GUIDE

EXPLORING THE JEWISH DAILY ROUTINE

Summer 2025

This book belongs to:

Abby

Dear Abby,

As we've discussed in our last four sessions, being Jewish and following the Torah isn't about checking boxes or being "perfect." It's about truly allowing the Torah to lead our life in the most spiritual and meaningful way.

None of us are, or will ever be, perfect. And that's ok. Hashem (G-d) created humans, not angels, because He values that constant struggle and imperfection. It's our responsibility, though, to do our part and learn as much as we can so that we can strive towards a more meaningful, spiritual, and connected life—for our own sake and for the sake of Hashem.

Over the next few weeks you'll have the opportunity to truly own your Judaism by going through this book and understanding the proper way of how a Jew conducts his or her daily life, beginning by waking up as a Jew and concluding by going to sleep as a Jew.

I believe in you, and I believe that you can do whatever you set your mind to, so I gave you the highest standard of material. Again, this isn't about you changing your life over before your bat mitzvah. It's about you truly owning your Judaism in a way that you never have as you enter this new stage of being a full-fledged Jewish woman.

Although the summer is a time to relax and take a break from formal studies, appreciate this learning guide as a way of learning stress-free and test-free!

Have a happy and healthy summer!

Mirel

INSTRUCTIONS

We spent some time discussing “Halacha,” which are the laws and guidelines that have been transmitted to us from the Torah through many generations of sages and scholars. (From the Torah, to the Mishna, to the Talmud...remember that?) On the following pages you’ll see examples of those Halachos taken from the very last book of that whole chain—the Shulchan Aruch.

The book is divided into three parts: the morning, the daytime, and the evening. Within each one of those three sections there are different topics that you will get to learn and explore.

Each topic will have three pages:

1. The Hebrew text and translation of the Halacha. Don’t worry, I don’t expect you to learn Hebrew overnight, it’s just so you can get a feel for what it’s like learning from the source :)

After the Hebrew text will be the practical application of the Halacha.

2. A story on the Halacha.
3. A section where you will write your own personal takeaways and experience with that Halacha.
4. A fun craft or song for you to learn.

This book is completely self-paced, so no rush! Take your time to immerse yourself and enjoy the process of learning something new.

Once you have completed a part (ex: you finished part I: the morning), we’ll schedule a time that works for both of us to discuss it a bit over the phone.

You will notice a scoreboard on the next page of this book. I will not be keeping track of this, I won’t even look at it! This is simply for you to see for yourself how you’ve been able to implement the knowledge you learn. Every time you perform one of the Halachos, mark a tally.

I’m so looking forward to seeing how you grow from this experience, and I hope you are too!

SCOREBOARD

Modeh Ani

Negel Vasser

Tzedakah

Speech

Self-Reflection

Shema

PART I: MORNING

As Jews, every second and every minute of our day is meaningful and precious. Otherwise why would G-d create us, right?!

Starting from the very moment we wake up, our soul is alive and ready to take on the day. Even in a very physical sense, the morning is when we set the tone for the whole day.

You know those days when you wake up and you're just feeling grumpy for no reason? Not fun! And then usually that feeling follows us throughout the day, which is even more not fun.

But the days when we wake up chirpy and ready to take on anything that comes our way—those are the good days!

The same with our soul. When we wake up grateful to G-d and proud to be Jewish, it sets the tone for a meaningful day.

The topics in Halacha we will explore are: Modeh Ani and negel vasser.

MODEH ANI

The Text

וְגַם בְּשֹׁכְבוֹ עַל מִשְׁכְּבוֹ, יֵדַע לִפְנֵי מִי הוּא שׁוֹכֵב. וּמִיָּד כְּשִׁיעוֹר מִשְׁנָתוֹ יִזְכֹּר חֲסִדֵּי ה', יִתְבָּרַךְ שְׁמוֹ אֲשֶׁר עָשָׂה עִמּוֹ שְׁהַחְזִיר לוֹ אֶת נִשְׁמָתוֹ...בְּכָל בֹּקֶר נַעֲשֶׂה הָאָדָם בְּרִיָּה חֲדָשָׁה. וַיּוֹדֶה בְּכָל בֹּקֶר לְהַשֵּׁם יִתְבָּרַךְ שְׁמוֹ עַל זֹאת.

Also, while lying in bed you should realize before Whom you lay and as soon as you awaken you should remember the kindnesses of Hashem, Blessed be His Name, that were granted to you; that He returned your soul to you...Every morning a person becomes a new creation, and he should give thanks with all his heart to Hashem, Blessed be His Name, for this good fortune.

The Practical Halacha

Every morning when we wake up, while we're still lying in our bed, we should recite the following words as a recognition of thanks to Hashem for waking us up again:

**MODEH ANI LIFA-NECHA MELECH CHAI V'KAYAM SHE-HE-CHE-ZARTA BI NISHMATI
B'CHEMLA RABA EMU-NA-TE-CHA**

Translation: I thank You, living and enduring King, for You have graciously returned my soul within me. Great is Your faithfulness.

If possible, this phrase should be recited with our hands clasped together like this  while we're still lying in bed. But if we forget, it's never too late!

MODEH ANI

The Story

During a recent neurological conference in the United States, neurologists from around the world convened to discuss a strange phenomenon people: who faint as soon as they get out of bed in the morning.

One of the speakers was Professor Linda McMaron from Great Britain, who presented a long and complex lecture about this topic after having studied in it depth for many years. After years of observations and study, she came to the conclusion that the fainting phenomenon was the result of an overly quick transition between the laying down and standing positions.

Professor McMaron explained that the blood in the body requires twelve seconds for blood to flow from the feet to the brain. However, when a person gets up too fast (meaning, in under 12 seconds) then the blood finds itself “projected” too fast from the feet, causing a loss of consciousness. She recommended that every person waking up in the morning, even someone who does not experience any issues, should sit up on their bed and slowly count till twelve, in order to prevent any feeling of weakness, dizziness or fainting. Her lecture was welcomed with a very enthusiastic reaction and applause from the public.

Then, another professor, a religious Jew, asked to speak. He said: “We Jews hold by an old tradition to recite a prayer every morning in tribute to the creator of the world, thanking Him for granting us the privilege of waking up whole and healthy. This prayer is recited immediately upon opening our eyes, while sitting on our bed. This prayer is composed of twelve words, and if we recite it slowly, with fervor, it takes exactly twelve second to say it...twelve words in twelve seconds.” He then slowly recited the prayer of Modeh Ani in Hebrew. The crowd again stood up and clapped vigorously but this time in honor of the Creator of the world.

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MODEH ANI

HOW HAVE I IMPLEMENTED SAYING MODEH ANI IN THE MORNING?

HOW HAS LEARNING ABOUT THIS MITZVAH STRENGTHENED MY CONNECTION TO HASHEM?

HOW HAS LEARNING ABOUT THIS MITZVAH MADE ME FEEL MORE PREPARED TO BECOME A JEWISH WOMAN?

QUESTIONS I STILL HAVE ABOUT THIS MITZVAH.

MODEH ANI

