

Praising God that Our Body Functions

Ba-ruch A-tah A-do-nai,	בְּרוּךְ אַתָּה ה'
E-lo-hei-nu Me-lech ha-olam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sheer ya-tzar et ha-adam b'choch-mah,	אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,
u-va-ra vo n'ka-vim n'ka-vim,	וַבָּרָא בּוֹ נְקָבִים נְקָבִים,
cha-lu-lim cha-lu-lim.	חֲלוּלִים חֲלוּלִים.
Ga-lu-i v'ya-du-a lif-nei chi-sei ch'vo-de-cha,	גָּלוּי וְיָדוּעַ לְפָנַי כְּסֵא כְבוֹדְךָ,
she-im yi-pa-tei-ach echad mei-hem,	שְׁמַם יִפְתַּח אֶחָד מֵהֶם,
o yi-sa-teim e-chad mei-hem,	אוּ יִסְתַּם אֶחָד מֵהֶם,
i ef-shar l'hit-ka-yeim v'la-a-mod l'fa-ne-cha.	אִי אֶפְשֶׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.
Ba-ruch A-tah A-do-nai,	בְּרוּךְ אַתָּה ה'
Ro-fei chol ba-sar u-ma-fli la-a-sot.	רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Praise to You, A-do-nai,
our God, Sovereign of the universe,
who formed the human body with skill
creating the body's many pathways and openings.
It is well known that if one of them be wrongly opened or closed,
it would be impossible to endure and stand before You.
Praised are You, A-do-nai, Healer of all flesh, working wondrously.