

Thank You Hashem, King of Kings and  
Master of the World!

Thank You for the infinite times that You  
helped me, supported me, rescued me,  
encouraged me, cured me, guarded over me  
and made me happy.

**Thank You for always being with me.**

Thank You for giving me the strength to  
observe Your commandments, to do good  
deeds and pray. Thank You for all the times  
You helped me and I didn't know how to say  
"Thank You".

Thank You for all the loving kindnesses You  
do for me each and every moment.  
Thank You for every breath I breathe.

Thank You Hashem for all the things that I do  
have, and thank you Hashem even for the  
things that I don't have.

**Thank You for my periodic difficulties,**  
my occasional setbacks, and for the times  
when I don't feel happy, because everything  
is for my ultimate benefit, even if I don't see  
that it's always for my best...

Deep in my heart, I know that everything that  
comes from You is the very best for me and  
designed especially for me in precision and  
exacting Divine Providence, of which only  
The King of Kings is capable.

**Thank You for the periodic times that  
are difficult for me,**

for only that way they enable me to fully  
appreciate the good times, for only after being  
in darkness one can appreciate the light.

**Thank You for the wonderful life You  
have given me.**

Thank You for every little thing that I have,  
for everything comes from You and from no  
one else.

**Thank You for always listening to my  
prayers.**

Creator of the World, I apologize from the  
bottom of my heart for all the times that I  
didn't appreciate what You gave me, and  
instead of thanking You I only complained.

**I am dust and ashes and You are the entire  
universe. Please, don't ever cast me away.**