

DAYENU: I AM ENOUGH

If He had supplied our needs in the desert for forty years, and had not fed us the manna **Dayenu**, it would have sufficed us!

אלו ספק צרכנו במדבר ארבעים
שנה ולא האכילנו את המן דינו

If He had fed us the manna, and had not given us the Shabbat **Dayenu**, it would have sufficed us!

אלו האכילנו את המן ולא נתן
לנו את השבת דינו

If He had given us the Shabbat, and had not brought us before Mount Sinai **Dayenu**, it would have sufficed us!

אלו נתן לנו את השבת ולא
קרבתנו לפני הר סיני דינו

(An Excerpt from the Dayenu Song)

The Dayenu song is an important and meaningful part of the Passover Seder. It is a chance to express gratitude, feel joy, and maybe have a little fun too.

It is a great way to reinforce positive thinking, and the act of expressing gratitude can actually encourage our body to produce chemicals that improve our mood and build more cognitive pathways for positive thinking in our brains.

“Dayenu” means “it would have been enough,” and in the song we express gratitude for everything God did for us as we escaped Egypt.

Why not try thinking about more things in your life that you are grateful for in addition to the things we express gratitude for in the Dayenu, be they something you did for yourself or someone else did for you, and make a version of the Dayenu song unique to you!

Gratitude is not something that comes naturally to everyone, and it is good for our mental well-being to call attention to the things in our lives that we are grateful for regularly.

