

Dayenu

Contributed by [Rabbi Denise](#)

Source: Rabbi Denise Handlarski

At the seder we say/sing that:

If we had been brought out of Egypt, Dayenu

If we had received Torah, Dayenu

If we had received Manna, Dayenu

Etc.

Dayenu means "it would have been enough." The idea is to be grateful for what one has; to count our blessings. Think of dayenu as a template for gratitude.

But think, too, about how actually it is to enough to be satisfied when there is still suffering and oppression. Some say "lo dayenu," meaning, "it is not enough."

When we are free and others are not, lo dayenu

We work to find the balance between being grateful for what is right with our lives and with the world, and also striving for more that fulfills us and more that increases justice in the world.