

Shabbat Dinner Blessings

1

In Judaism candle lighting is a time for making personal *berakhot*-blessings.

What is a blessing you have for your family?

Blessing Over The Shabbat Candles

How to Light the *Shabbat* Candles

- 1) Light the *Shabbat* candles
- 2) Wave your hands towards yourself over the candles three times in a slow circular motion.
- 3) Close or cover your eyes with your hands and then say the blessing.
- 4) Turn to your love ones with smiles and say: **Shabbat Shalom!**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh Atah Adonai Eloheinu Melekh haOlam

Blessed are You, Eternal our God, Sovereign of the Universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

asher kid-sha'nu b'mitz-votav v'tzi-vanu

Who sanctified us as a people through
Your commandments, and commanded us

לְהַדְלִיק נֵר שֶׁל שַׁבָּת

l'hadlik ner shel Shabbat
to light the *Shabbat* candles.



2

Blessing over Wine and Grape Juice

Wine and grape juice represent joy and happiness in our lives.

Think back over the past week and tell your family about a time when you were happy!

How to say the blessing over wine and grape juice:

- 1) Fill your *Kiddush* cup with wine or grape juice
- 2) Place the *Kiddush* cup in the palm of your hand and hold it high in the air
- 3) Sing or say the blessing!

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh Atah Adonai Eloheinu Melekh haOlam

Blessed are You, Eternal our God, Sovereign of the Universe

בּוֹרֵא פְּרֵי הַגֶּפֶן

Borei p'ree ha-gafen.

Creator of the fruit of the vine.



3 Blessing Over Our Children



Shabbat is a time to cherish our families!
Before you bless your son or daughter, take a
moment to whisper to them
a personal prayer!

Place your hands on top of your child and say:

For Boys:

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

Yisimkha Elohim ke-Efrayim Ve-kheminashe

May God give you the blessings of Ephraim and Menasseh

For Girls:

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה

Yisimekh Elohim ke-Sara, Rivka, Rakhel, ve-Leah

May God give you the blessings of Sarah, Rebecca, Rachel and Leah.

Continue here for all children:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנֶּךָ.

יִשָּׂא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׂם לְךָ שְׁלוֹם.

Yivarechekha adonai ve-yishmerekha. Ya-er adonai panav elecha vichunekha.

Yisa Adonai panav Elekha veyasem lekha shalom.

May God bless and keep you. May God shine on you and be gracious to you. May God shine within you and bring you Peace.

4

Blessing for Washing Hands Before Eating Bread

Take a cup and fill it with water.

Pour water onto your
right hand twice and your left hand twice.

Then say the following *berakha* as you are drying your hands:



בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh Atah Adonai Eloheinu Melekh haOlam

Blessed are You, Eternal our God, Sovereign of the Universe

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

asher kid-sha'nu b'mitz-votav v'tzi-vanu

Who sanctified us as a people through God's commandments, and commanded us

עַל נְטִילַת יָדַיִם:

al ne-ti-lat ya-dayim

to wash our hands

5

Blessing over the Hallah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Barukh Atah Adonai Eloheinu Melekh haOlam

Blessed are You, Eternal our God, Sovereign of the Universe

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

ha-Motzi Lechem min ha-Aretz

Who brings bread from the ground.

