

# Blessings for Shabbat

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### #1. Lighting the Shabbat Candles

First we light the candles. Then we cover our eyes and say the following blessing:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah Adonai, Eloheinu Melech Ha'olam, asher kidshanu b'mitzvotav, v'tzivanu l'hadlik ner shel shabbat.*

*Baruch Atah Adonai, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to kindle the Shabbat lights.*

### #2. Blessing over Children

Parents place their hands on the heads of their children and say the following:

#### For a Daughter:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה  
*Y'simaech Elohim k'Sarah, Rivkah, Rachel, v'Leah*  
May you be like Sarah, Rebecca, Rachel, and Leah

#### For a Son:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה  
*Y'simcha Elohim k'Ephraim v'khim-nasheh*  
May you be like Ephraim and Menashe

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וְיַחֲנֹךָ.  
יֵשֵׂא יי פָּנָיו אֵלֶיךָ וְיַשֵּׁם לְךָ שְׁלוֹם.

*Y'varech'cha Adonai v'yish-marecha.*  
*Ya'er Adonai panav eilecha vichunecha.*  
*Yisa Adonai panav alecha v'yasem l'cha shalom.*

May Adonai bless and protect you.  
May Adonai's light shine on you and may Adonai bestow kindness upon you.  
May Adonai always look upon you and may Adonai grant you peace.

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### #3. Blessing over the Wine/Grape Juice

According to some traditions we stand for Kiddush. Fill a cup with wine/grape juice and recite the following blessing. The first line is recited quietly:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל מְלַאכְתּוֹ  
אֲשֶׁר עָשָׂה. וַיְבָרֵךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ, כִּי בּוֹ  
שָׁבַת מִכָּל מְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וּרְצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרַצּוֹן הַנְּחִילָנוּ זְכוֹרוֹן  
לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זִכָּר  
לִיצִיאַת מִצְרַיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל  
הָעַמִּים, וְשָׁבַת קִדְּשְׁךָ בְּאַהֲבָה וּבְרַצּוֹן הַנְּחַלְתָּנוּ. בְּרוּךְ  
אַתָּה יי, מִקְדֵּשׁ הַשָּׁבַת.

*Vay'chulu hashamayim v'haaretz v'chol tz'vaam. Vay'chal Elohim bayom hash'vi-i m'lachto asher asah. Vayishbot bayom hash'vi-i mikol m'lachto asher asah. Vay'varech Elohim et yom hash'vi-i vay'kadeish oto, ki vo shavat mikol m'lachto asher bara Elohim laasot.*

*Baruch atah, Adonai Eloheinu, Melech Haolam, borei p'ri hagafen.*

*Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'maaseih v'reishit. Ki hu yom t'chilah l'mikra-ei kodesh, zecher litziat Mitzrayim. Ki vanu vacharta, v'otanu kidashta, mikol haamim. V'Shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu. Baruch atah, Adonai, m'kadeish HaShabbat.*

And there was evening and there was morning, the sixth day.

The heavens and the earth, and all they contain, were completed. On the seventh day God finished the work, ceasing from all work on the seventh day. Then God blessed the seventh day, making it holy - for on it, God ceased from all the work of creation.

*Baruch Atah Adonai, our God, sovereign of time and space, who creates the fruit of the vine.*

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*Baruch Atah Adonai, our God, sovereign of time and space, who creates the fruit of the vine.*

*Baruch atah Adonai, our God, sovereign of time and space, who has desired us and who has provided us with a path to holiness through the observance of mitzvot, and who lovingly and willingly has bestowed on us Shabbat, a measure of God's holiness, a symbol of the work of creation. For it is the first of sacred times, a symbol of the Exodus from Egypt. You have chosen us, and sanctified us among all people by lovingly and willingly bestowing on us Your holy Shabbat. Baruch atah Adonai, who makes Shabbat holy.*

### **#4. Blessing over Handwashing**

**our water over each of your hands at least two times. While you are doing this, recite the following blessing**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Baruch atah Adonai, Eloheinu Melech Ha'olam, asher kidshanu b'mitzvotav, v'tzivanu al n'tilat yadayim.*

*ch atah Adonai, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to wash our hands.*

### **#5. Blessing over the Bread/Challah**

**Raise the challah and recite the following:**

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Baruch atah Adonai, Eloheinu Melech Ha'olam, hamotzi lechem min ha'aretz.*

*Baruch atah Adonai, our God, sovereign of time and space, who brings forth bread from the earth.*