

# Shabbat Dinner Blessings

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

What is a blessing you have for your family?

# 1

## 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 יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

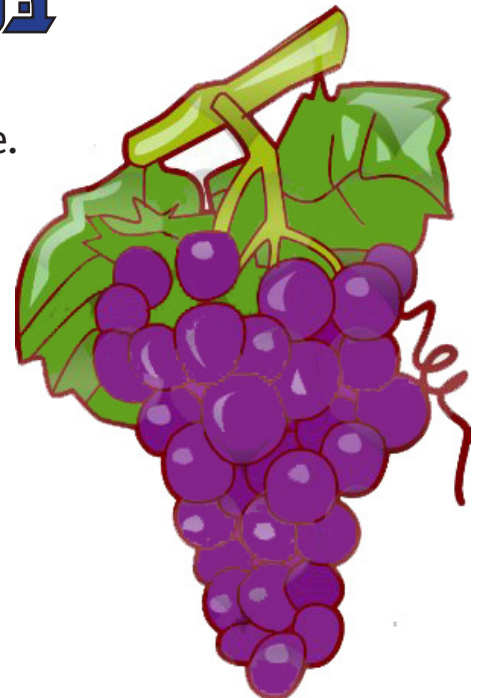
*Barukh Atah Adonai Eloheinu Melekh haOlam*

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 וַיַּחֲנֶךָ.

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.

