

# Shabbat Blessings

## 1. Lighting Shabbat Candles

First, light at least two candles and wave in the light three times to welcome Shabbat. Then cover your eyes and say:



Baruch ata Adonai,  
Eloheinu melech ha'olam,  
asher kideshanu bemitzvotav vetzivanu  
lehadlik ner shel Shabbat.



Dear God, Creator of our world, thank You for giving us rules that make our lives special and for teaching us to light these Shabbat candles.

ברוך אתה יי אלהינו מלך העולם אשר  
קדשנו במצותיו וצונו להדליק נר של שבת.

Amen

## 2. Blessing the Children

Parents and caregivers place their hands on a child's head and say:

Yevarechecha Adonai veyishmerecha.  
Ya'er Adonai panav eilecha viyechuneka.  
Yisa Adonai panav eilecha veyasem  
lecha shalom.

May God bless you and keep you safe.  
May God's light shine on you and grace your life.  
May God turn toward you and give you a world of peace.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.  
יָאֵר יי פָּנָיו אֵלֶיךָ וְיַעֲחֹנֶךָ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם.

Amen

## 3. Blessing the Wine or Grape Juice (making Kiddush)

Raise a glass of wine or grape juice and say:



Baruch ata Adonai,  
Eloheinu melech ha'olam,  
borei p'ri hagafen.



Dear God, Creator of our world,  
thank You for the delicious fruit that grows on vines.



ברוך אתה יי אלהינו מלך  
העולם בורא פרי הגפן.

Amen

## 4. Ritual Handwashing

Pour water over each hand and then say:



Baruch ata Adonai, Eloheinu melech  
ha'olam, asher kideshanu bemitzvotav  
vetzivanu al netilat yadayim.

Dear God, Creator of our world, thank You for giving us rules that make our lives special and for teaching us to wash our hands before we eat.



ברוך אתה יי אלהינו מלך העולם אשר קדשנו  
במצותיו וצונו על נטילת ידים.

Amen

## 5. Blessing the Challah

Raise the challah and say:



Baruch ata Adonai, Eloheinu melech  
ha'olam, hamotzi lechem min ha'aretz.

Dear God, Creator of our world, thank You for bringing bread out of the earth.



ברוך אתה יי אלהינו מלך  
העולם המוציא לחם מן הארץ.

Amen

To learn more go to  
[pjlibrary.org/shabbat](http://pjlibrary.org/shabbat)