



BLESSING FOR GIRLS

יְשִׁימֵךְ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל.

Y'simeich Elohim k'Sarah, Rivkah, Rachel, v'Leah.

May God make you like Sarah, Rebecca, Rachel and Leah.

BLESSING FOR BOYS

יְשִׁימֵךְ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

Y'simeich Elohim k'Efrayim v'che-Menasheh.

May God make you like Ephraim and Menasheh.

*For a more gender neutral blessing combine both the blessing for boys and blessing for girls when saying for a child(ren).

CONCLUDE WITH PRIESTLY BLESSING

יְבָרְכֵךְ יְהוָה וְיִשְׁמְרֵךְ. יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ. יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

Y'varechecha Adonai V'yish'm'recha. Ya'er Adonai panav eilecha vichuneka. Yisa Adonai panav eilecha v'yasem l'cha shalom.

May God Bless you and guard you. May the light of God shine upon you, and may God be gracious to you.

May the presence of God be with you and give you peace.

WHAT IT'S USED FOR

Inspired by the biblical story of Jacob blessing his children. For centuries parents have blessed their children by invoking the names of the fore-fathers and fore-mothers in Judaism in hopes that they too will grow into loving, strong, generous people.

WHEN TO USE IT

Friday night at the beginning of Shabbat (many say it right after the lighting of the Shabbat candles)

HOW TO USE IT

- Stand over children and cup their heads as the blessing is said.
- Children stand before the adults.
- Can be recited sitting, standing; in Hebrew/English/or whatever language you understand!
- Kiss the children upon completion.
- Anyone can bless the children: grandparents, aunts/uncles, close family friends.
- Add additional blessings either out-loud or whisper in the child's ear like a secret.