



בְּרָכוֹת הַמְּשַׁפָּחָה

Family Blessings



It is traditional for parents to bless their children on Shabbat. There are many variations on how the blessing is made. The most common custom is for a parent to put their hands on the child's head and recite the blessing. In some homes the blessing is followed by a kiss, and in other homes it is followed by personal words of praise. Whatever procedure is followed, this is a wonderful tradition that helps children feel special and loved, it boosts self-esteem, and it fosters fond memories of Shabbat-family-together time.

For a Boy

Y'simcha Elohim
k'Efrayim v'che-Menasheh

יְשִׁמְךָ אֱלֹהִים
כְּאַפְרַיִם וְכְמְנַשֶּׁה.

May God make you like Ephraim and Menasseh.

For a Girl

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

יְשִׁמְךָ אֱלֹהִים
כְּשָׂרָה, כְּרִבְקָה, כְּרַחֵל וְכְלֵאָה.

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

For both Boys and Girls

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

יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ.
יֵאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְּךָ.
יֵשָׂא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שְׁלוֹם.

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.

For more resources and information about Shabbat, please visit www.wbtla.org/pages/shabbat.