

## Shabbat Blessing Over the Candles

This blessing is recited after lighting the Shabbat candles on Friday evening, marking the start of Shabbat:

### Hebrew:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת

### Transliteration:

Baruch ata Adonai, Eloheinu Melech ha-olam,  
asher kidshanu b'mitzvotav vitzivanu  
l'hadlik ner shel Shabbat.

### English:

Blessed are You, God, Ruler of the universe,  
who sanctified us with Your commandments  
and commanded us to light the Shabbat candles.

## Shabbat Blessing for the Children

It is traditional to bless the children after the candle-lighting blessing. There are two versions for boys and girls.

### • For Boys:

#### Hebrew:

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וּכְמִנַּשֶׁה  
יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ  
יֵאָר ה' פְּנֵי אֱלֹהֶיךָ וְיַחַנְךָ  
יִשָּׂא ה' פְּנֵי אֱלֹהֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם

#### Transliteration:

Yismech Elohim k'Ephraim v'chi-Menashe.  
Yivarechecha Adonai v'yishmerecha.  
Ya'er Adonai panav eilecha vichuneka.  
Yisa Adonai panav eilecha v'yasem lecha shalom.

#### English:

May God make you like Ephraim and Menashe.  
May God bless you and protect you.

May God show you favor and be gracious to you.  
May God turn His face toward you and give you peace.

• **For Girls:**

**Hebrew:**

יְשִׁימֶךָ אֱלֹהִים בְּשָׂרָה רִבְקָה רַחֵל וְלֵאָה

(Then the same three-line blessing continues:)

**Transliteration:**

Yesimech Elohim k'Sarah Rivka Rachel v'Leah.

Yivarechecha... (then continues as above)

**English:**

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

...and may God bless you and grant you peace.

**Shalom Aleichem (Friday Night Blessings)**

This is a song-blessing traditionally sung upon entering the home on Friday night to welcome the angels of Shabbat:

**Hebrew:**

שְׁלוֹם עֲלֵיכֶם...

בְּרוּךְ הוּא...

בְּרַכּוּנֵי לְשָׁלוֹם...

צֵאתְכֶם לְשָׁלוֹם...

**Transliteration:**

Shalom aleichem mal'achei ha-sharet...

Baruch hu...

Barechuni l'shalom...

Tzeitchem l'shalom...

**English Summary:**

"Peace be upon you, ministering angels...

Bless me with peace...

Go in peace..."

**Eshet Hayil (Woman of Valor)**

1. אִשְׁת־חַיִל מִי יִמְצָא, וְרָחֹק מִפְּנֵינִים מְבָרָה.

Eshet chayil mi yimtza, v'rachok mipnanim michrah.

A woman of valor, who can find? Her worth is far above rubies.

2. בָּטַח בָּהּ לֵב בַּעֲלָהּ, וְשָׁלַל לֹא יַחְסָר.

**Batach bah lev ba'lah, v'shalal lo yechsar.**

The heart of her husband trusts in her, and he shall lack no gain.

3. גָּמְלָתָהּ טוֹב וְלֹא רָע, כָּל יְמֵי חַיֶּיהָ.

**G'malathu tov v'lo ra, kol y'mei chayeha.**

She bestows good upon him, not harm, all the days of her life.

4. דָּרְשָׁה צֹמֶר וּפְשִׁתִּים, וַתַּעַשׂ בְּחֶפְזָהּ כְּפִיָּהּ.

**Darshah tzemer u'pishtim, vata'as b'chefetz kapeha.**

She seeks wool and flax and works willingly with her hands.

5. הֵיטָהּ כְּאֲנִיּוֹת סוֹחֵר, מִמֶּרְחָק תָּבִיא לַחֲמָה.

**Hayetah ka'anivot socher, mimerchak tavi lachmah.**

She is like merchant ships, bringing her food from afar.

6. וַתִּקָּם בְּעוֹד לַיְלָה, וַתִּתֵּן טָרֶף לְבֵיתָהּ וְחֶק לְנַעֲרֹתֶיהָ.

**Vatakom b'od layla, vatiten teref l'veita v'choq l'na'aroteha.**

She rises while it is still night and provides food for her household.

7. זָמְמָה שָׂדֵה וַתִּקְחֶהּ, מִפְּרֵי כַּפְיָהּ נָטְעָה כָּרֶם.

**Zam'mah sadeh vatikachehu, mipri kapeha nata karem.**

She considers a field and buys it; from her earnings she plants a vineyard.

8. חֲגָרָהּ בְּעוֹז מַתְנֵיהָ, וַתֵּאֲמַץ זְרוֹעֹתֶיהָ.

**Chagra v'oz matneha, vate'ametz zero'oteha.**

She girds her loins with strength and strengthens her arms.

9. טָעַמָּה כִּי טוֹב סַחְרָהּ, לֹא יִכָּבֵהּ בַּלַּיְלָה נֵרָה.

**Ta'ama ki tov sachrah, lo yichbeh balayla nerah.**

She sees that her business thrives; her lamp never goes out at night.

10. יָדֶיהָ שְׁלָחָה בְּבִישׁוֹר, וּכְפִיָּהּ תָּמְכוּ פָלֶךְ.

**Yadeha shilcha vakishor, v'kapeha tamchu falech.**

She sets her hands to the distaff, and her fingers work the spindle.

11. כַּפָּה פָּרְשָׁה לְעַנִּי, וַיִּדְיָהּ שְׁלַחָה לְאַבְיוֹן.

**Kappah par'sah le'ani, v'yadeha shilcha la'evyon.**

She extends her hand to the poor and reaches out to the needy.

12. לֹא־תִירָא לְבֵיתָהּ מִשָּׁלֵג, כִּי כָל־בֵּיתָהּ לְבִשׁ שָׁנִים.

**Lo tira leveita mishaleg, ki kol beitah lavush shanim.**

She is not afraid of snow for her household, for they are clothed in scarlet.

13. מִרְבָּדִים עֲשֵׂתָהּ לָהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ.

**Marbadim as'tah lah, shesh v'argaman levushah.**

She makes coverings for herself; her clothing is fine linen and purple.

14. נוֹדַע בְּשַׁעְרֵים בְּעָלָהּ, בְּשִׁבְתּוֹ עִם זְקֵנֵי־אָרֶץ.

**Noda bash'earim ba'lah, b'shivto im ziknei aretz.**

Her husband is respected at the gates, where he sits among the elders.

15. סָדִין עֲשֵׂתָהּ וַתִּמְכֹּר, וַחֲגוֹר נָתַנָּה לְכַנְעֵנִי.

**Sadin as'tah vatimkor, v'chagor nat'nah lak'na'ani.**

She makes garments and sells them, and delivers belts to the merchant.

16. עֹז וְהֹדָר לְבוּשָׁהּ, וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.

**Oz v'hadar levushah, vatischak l'yom acharon.**

Strength and dignity are her clothing, and she laughs at the future.

17. פִּיהָ פִּתְחָה בְּחִכְמָהּ, וַתּוֹרַת־חֶסֶד עַל־לְשׁוֹנָהּ.

**Piha patcha v'chochmah, v'Torat chesed al leshonah.**

She opens her mouth with wisdom, and the Torah of kindness is on her tongue.

18. צוֹפְיָהּ הַלִּיכּוֹת בֵּיתָהּ, וְלֶחֶם עֲצָלוּת לֹא תֹאכַל.

**Tzofiyah halichot beitah, v'lechem atzlut lo tochel.**

She oversees the ways of her household and does not eat the bread of idleness.

19. קָמוּ בָנֶיהָ וַיִּאֲשְׁרוּהָ, בְּעָלָהּ וַיְהַלְלָהּ.

**Kamu vaneyha v'ayashruha, ba'lah v'y'halelaha.**

Her children rise up and call her blessed; her husband praises her.

20. רַבּוֹת בָּנוֹת עָשׂוּ חַיִּל, וְאֵת עֲלִית עַל־בְּלָנָהּ.

**Rabot banot asu chayil, v'at alit al kulana.**

Many women have achieved greatness, but you surpass them all.

**21. שְׁקֵר הַחַן וְהַבֵּל הַיָּפִי, אִשָּׁה יִרְאַת ה' הִיא תִתְהַלַּל.**

**Sheker ha'chen v'hevel hayofi, ishah yir'at Adonai hi tithallal.**

Grace is deceptive and beauty is vain, but a woman who fears God is to be praised.

**22. תִּנּוּ-לָהּ מִפְּרֵי יָדֶיהָ, וַיְהַלְלוּהָ בְּשִׁעְרִים מֵעֶשְׂיָהּ.**

**T'nu lah mip'ri yadeha, v'yehaleluha bash'earim ma'aseha.**

Give her the reward of her hands, and let her deeds praise her at the gates.

**Kiddush (Shabbat Blessing Over Wine/Grape Juice)**

Recited to sanctify Shabbat over wine or grape juice:

**Hebrew:**

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגֶּפֶן

**Transliteration:**

Baruch ata Adonai, Eloheinu Melech ha-olam,  
borei pri ha-gafen.

**English:**

Blessed are You, God, Ruler of the universe,  
who creates the fruit of the vine.

**Netilat Yadayim — Blessing for Washing Hands**

Before eating bread, it is traditional to wash hands and recite:

**Hebrew:**

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ עַל נְטִילַת יָדַיִם

**Transliteration:**

Baruch ata Adonai, Eloheinu Melech ha-olam,  
asher kidshanu b'mitzvotav vitzivanu  
al netilat yadayim.

**English:**

Blessed are You, God, Ruler of the universe,  
who sanctifies us with His commandments  
and commands us regarding the washing of hands.

### **Hamotzi — Blessing Over the Bread**

Recited before eating the challah:

#### **Hebrew:**

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

#### **Transliteration:**

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

#### **English:**

Blessed are You, God, Ruler of the universe,  
who brings forth bread from the earth

### **Birkat Hamazon (Grace After Meals)**

#### **I. Blessing 1 — HaZan (God Who Sustains All)**

#### **Hebrew:**

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֹּל בְּטוֹבוֹ, בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.  
הוּא נוֹתֵן לֶחֶם לְכָל-בָּשָׂר כִּי לְעוֹלָם חֶסֶדוֹ  
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ וְאֵל יַחְסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד.  
בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל. כִּי הוּא אֵל זֶן וּמְפָרֵס לְכָל וּמְטִיב לְכָל וּמְכִין מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.  
בָּרוּךְ אַתָּה ה', הַזֵּן אֶת הַכֹּל.

#### **Transliteration:**

Baruch ata Adonai Eloheinu Melech ha'olam,  
ha-zan et ha'olam kulo b'tuvo, b'chein b'chesed u'v'rachamim.  
Hu notein lechem l'chol basar ki l'olam chasdo.  
U'vtuvo hagadol tamid lo chasar lanu v'al yechar lanu mazon l'olam va'ed.  
Ba'avur shmo hagadol.  
Ki hu El zan u'mefarnes lakol u'meitiv lakol u'meichin mazon l'chol briyotav asher bara.  
Baruch ata Adonai, ha-zan et ha-kol.

#### **English:**

Blessed are You, Lord our God, King of the universe,  
who nourishes the entire world with goodness, grace, kindness, and mercy.

He gives food to all flesh, for His kindness is everlasting.

Through His great goodness, we have never lacked food, and may we never lack it forever.

For His great Name's sake.

For He is God who provides sustenance and goodness to all and prepares food for all His creatures.

Blessed are You, Lord, who sustains all.

## II. Blessing 2 — HaAretz (Thanks for the Land of Israel)

### Hebrew:

נוֹדֶה לְךָ ה' אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ  
אֶרֶץ חֲמֵדָה טוֹבָה וְרַחְבָּה...  
וְעַל תּוֹרַתְךָ שֶׁלִּמְדַתָּנוּ, וְעַל מִצְוֹתֶיךָ שֶׁהוֹדַעְתָּנוּ,  
וְעַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לְךָ.  
בְּרוּךְ אַתָּה ה', עַל הָאֶרֶץ וְעַל הַמָּזוֹן.

### Transliteration:

Nodeh lecha Adonai Eloheinu  
al shehinchalta la'avoteinu  
eretz chemda tova ur'chava...  
v'al Toratcha shelimadtanu,  
v'al mitzvotcha shehodatanu,  
v'al chayeinu hamesurim b'yadecha,  
v'al nishmoteinu hapekudot lach.  
Baruch ata Adonai, al ha'aretz v'al ha'mazon.

### English:

We thank You, Lord our God,  
for the good, desirable, and spacious land  
You gave to our ancestors...  
For Your Torah You taught us,  
for the commandments You made known to us,  
for our lives entrusted to Your hand,  
and for our souls in Your care.  
Blessed are You, Lord, for the land and for the food.

## III. Blessing 3 — Boneh Yerushalayim (Prayer for Jerusalem)

### Hebrew:

רַחֵם ה' אֱלֹהֵינוּ עַל יִשְׂרָאֵל עַמֶּךָ  
וְעַל יְרוּשָׁלַיִם עִירְךָ...  
וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ

בְּמִהְרָה בְּיָמֵינוּ.  
בְּרוּךְ אַתָּה ה', בּוֹנֵה בְּרַחֲמָיו יְרוּשָׁלָּיִם. אָמֵן.

**Transliteration:**

Rachem Adonai Eloheinu al Yisrael amecha  
v'al Yerushalayim irecha...  
u'vnei Yerushalayim ir hakodesh  
bimheira v'yameinu.  
Baruch ata Adonai, boneh b'rachamav Yerushalayim. Amen.

**English:**

Have mercy, Lord our God, on Israel Your people  
and on Jerusalem Your city...  
Rebuild Jerusalem, the holy city,  
soon in our days.  
Blessed are You, Lord, who mercifully rebuilds Jerusalem. Amen.

**IV. Blessing 4 — HaTov veHaMeitiv (God Who Is Good and Does Good)**

**Hebrew:**

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הָאֵל אָבִינוּ מִלְכֵנוּ אֲדוֹנֵנוּ,  
הַטוֹב וְהַמְטִיב לָנוּ.  
הוּא הַיְטִיב, הוּא מְטִיב, הוּא יִיטִיב לָנוּ.  
בְּרוּךְ אַתָּה ה', הַטוֹב וְהַמְטִיב.

**Transliteration:**

Baruch ata Adonai Eloheinu Melech ha'olam,  
ha'El avinu malkeinu adoneinu,  
ha-tov v'ha-meitiv lanu.  
Hu heitiv, hu meitiv, hu yeitiv lanu.  
Baruch ata Adonai, ha-tov v'ha-meitiv.

**English:**

Blessed are You, Lord our God, King of the universe,  
our God, our Father, our King, our Master,  
the One who is good and does good for us.  
He has done good, He does good, and He will do good for us.  
Blessed are You, Lord, who is good and does good.