

JUDAISM 101 HOW TO SERIES

Blessing of the Children

GATHER YOUR CHILDREN CLOSE

Bring your children next to you and place your hands on their heads. If your kids are away at college or are on their own you can send your love to them virtually!



BEGIN WITH BOYS OR GIRLS!

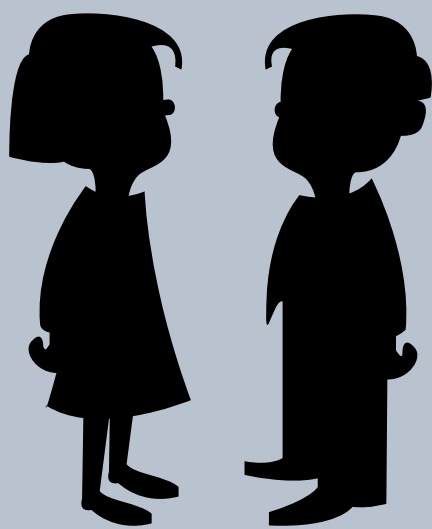
If you have both, alternate week to week!

Over boys we say:

May you be like Ephraim and Menashe.
יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

Over girls we say:

May you be like Sarah, Rebecca, Rachel,
and Leah.
יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה



THE PRIESTLY BLESSING

This next part of the blessing is the most ancient prayer in the entire Torah! It is the blessing that the High Priest used to say over the People of Israel on the holiest day of the year!

May God bless you and protect you.

יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ

May God show you favor and be gracious to you.

יְאָר יְהוָה פְּנֵינוּ אֵלֶיךָ וְיִחַנֶּךָ

May God show you kindness and grant you peace.

יְשֵׂא יְהוָה פְּנֵינוּ אֵלֶיךָ וְיִשְׂמַח לָךְ שְׁלוֹם



KISSES AND HUGS!

Give your kids a kiss and a hug, and let them know you love them!

