

TEMPLE BETH SHOLOM

BLESSING OF OUR CHILDREN

Spend a special moment with your children on Friday nights and bless them. Throughout every generation receiving a blessing has been a momentous moment!

In the Torah Jacob blesses Joseph's two sons, Ephraim and Menashe:

"In time to come, Israel will be to you as a blessing. They will say, 'May God make you like Ephraim and Menashe'." (Genesis 48:20)

Just as Jacob blesses his grandchildren, we bless our sons and daughters.

Blessings are a way we express our hopes and wishes for our children as well as sense God's presence in our own experiences. As you prepare to bless your children, take a moment to reflect on the past week. Tell your children how much you love them; how they are a blessing to you and to other people.

PLACE YOUR HANDS ON TOP OF YOUR CHILD AND SAY:

FOR BOYS:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה

Y'sim'kha elohim k;efrayim v'khi-m'nasheh

May God give you the blessings of Ephraim and Menasseh

FOR GIRLS:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

Y'simeikh elohim k'sarah, rivkah, rahel, v'leah

May God give you the blessings of Sarah, Rebecca, Rachel and Leah.

CONTINUE HERE FOR ALL CHILDREN:

יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ. יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.

יֵשָׂא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׂם לְךָ שְׁלוֹם.

*Y'varekhekha Adonai v'yishm'rekha ya'er Adonai panav eilekha vi-hunekha
yisa Adonai panav eilekja v'yaseim l'kha shalom*

May God bless and keep you. May God's light shine on you and be gracious to you. May God's light shine within you and bring you Peace.

