

BLESS



We have a beautiful custom to bless our children on Friday night. It's a very special weekly moment infused with love and connection.

This Shabbos, in addition to the customary blessing – take a moment to bless each child individually with something specific you wish for them. In addition, have each child request their own blessing based on something they need or want for the coming week.



“Each child is special. May G-d bless all our children according to their unique needs, talents and opportunities.”
Gina Goldstein



Do on Shabbos



Place your hands on your child's head or bring your child into your arms, say the appropriate blessing and feel free to add your own blessing or words of praise.

For a son:

יְשִׁימָךְ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה.

May Hashem make you like
Ephraim and Menashe.

For a daughter:

יְשִׁימָךְ אֱלֹהִים כְּסָרָה, רַבְקָה רַחֵל וְלֵאָה.

May Hashem make you like
Sarah, Rivka, Rachel and Leah.

יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ. יֵאָר ה' פְּנֵי אֲלִיךָ וַיַּחֲנֶךָ. יֵשֶׂא ה' פְּנֵי אֲלִיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

May G-d bless you and protect you. May G-d shine His light on you and be gracious to you. May G-d show you favour and grant you peace.



BLESS

WIN!



ON THIS FRIDAY NIGHT, I BLESS MY CHILD _____ WITH

_____ IN THE COMING WEEK.



 Prepare before Shabbos, and do on Shabbos  Before Shabbos, post to @theshabbosproject on FB to win great prizes!



ON THIS FRIDAY NIGHT, I ASK MY PARENTS TO BLESS ME WITH

FOR THE COMING WEEK.



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