

Blessing for the Children

ברכת הבנים

We have a beautiful custom to bless our children on Friday night; it's a moment filled with love and connection. We begin our Shabbat journey by blessing our children, focusing on each of them individually. When we bless our children, we are asking G-d to bless them with the qualities of their forefathers and mothers. This is a moment of undivided attention, of quiet intentionality, to each child.

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:

יְשִׁימְךָ אֱ-לֹהִים בְּאַפְרַיִם וּבְמִנַּשֶׁה.

May the L-rd make you like
Ephraim and Menashe.

For a daughter:

יְשִׁימְךָ אֱ-לֹהִים בְּסָרָה, רִבְקָה,
רָחֵל וְלֵאָה.

May the L-rd make you like
Sarah, Rivka, Rachel and Leah.

יְבָרְכֶךָ י-ה-ו-ה וְיִשְׁמְרֶךָ. יָאֵר י-ה-ו-ה פְּנֵי אֵלֶיךָ וְיַחַנְךָ. יֵשֵׂא י-ה-ו-ה פְּנֵי
אֵלֶיךָ וְיִשֵּׂם 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 favor and grant you peace.

