

Parents Bless Their Children

*This can be done after lighting the candles or after Kiddush=
In Hebrew, English, or both*

For sons:

(This is how Jacob blessed Joseph, by blessing Joseph's two sons, in Genesis 48:20)

יְשִׁמְחֵךְ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה
Y'simchá Elohím k'Efráyim v'chiMenashéh.
May G0d make you like Efrayim and Menasheh

יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ:
יְאֵר יְהוָה פָּנָיו אֵלֶיךָ וְיַחֲנֹכֶךָ:
יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם:
*Y'voréchecha AdOnaí v'yishm'récha
Ya'éer AdOnaí panáv elécha vichunéka
Yisá AdOnaí panáv elécha v'yasém l'chá shalóm.*
(Numbers 6:24-26)*

For daughters

(This is our Talmudic tradition's way of blessing our daughters)

יְשִׁמְחֵךְ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה
Y'siméch Elohím k'Saráh, Rivkáh, Rachél v'Leáh.
May G0d make you like Sarah, Rebekkah, Rachel and Leah

יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ:
יְאֵר יְהוָה פָּנָיו אֵלֶיךָ וְיַחֲנִיךָ:
יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם:
*Y'vorechéch AdOnaí v'yishm'réch
Ya'éer AdOnaí panav eláyich vichunáyich
Yisá AdOnaí panáv eláyich v'yásem lach shalóm.*
(Numbers 6:24-26, in feminine address)*

**translation:*

**May Ad0nai bless you and guard you.
May Ad0nai smile graciously at you.
May Ad0nai pay attention to you and give you peace.**