

# HEBREW BLESSINGS

*“In everything give thanks...”*

I Thessalonians 5:18

## BLESSING BEFORE EATING

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM  
HA-MOTZI LEHEM MIN HA-ARETZ.*

Blessed art Thou, Lord our God, King of the Universe,  
who brings forth bread from the earth.

## THE BLESSING OVER WINE

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM BORAI PRI HA-GAFEN.*

Blessed art Thou, Lord our God, King of the Universe,  
who creates the fruit of the vine.

## KINDLING THE SABBATH LIGHTS (TRADITIONAL VERSION)

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM*

*ASHER KIDSHANU B'MITZVOTAV, V'TZIVANU L'HADLIK NER SHEL SHABBAT.*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us with His commandments  
and commanded us to kindle the Sabbath lights.

## KINDLING THE SABBATH LIGHTS (MESSIANIC VERSION)

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM*

*ASHER KIDSHANU B'EED VARO V'NATAN LANU ET YESHUA MISHIKANU  
V'TZIVANU LA HEEOTE OR LA OLAM.*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us by His word, given us Yeshua our Messiah  
and commanded us to be a light to the world.

## KINDLING THE HOLIDAY LIGHTS

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM*

*ASHER KIDSHANU B'MITZVOTAV, V'TZIVANU L'HADLIK NER SHEL YOM TOV  
(HANUKKAH).*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us with His commandments  
and commanded us to kindle the Holiday (Hanukkah) lights.

## BLESSING FOR JOYOUS OCCASIONS

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM*

*SHEHECHIYANU V'KE-EY'MANU V'HEE-GEE-ANU LAZMAN HAZEH.*

Blessed art Thou, Lord our God, King of the Universe,  
who has kept us in life and sustained us  
and enabled us to reach this season.

### **BLESSING BEFORE READING THE TORAH**

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM ASHER BACHAR BANU MIKOL  
HA-AMIN V'NATAN LANU ET TORATO. BARUCH ATA ADONAI NOTAIN HATORAH.*

Blessed art Thou, Lord our God, King of the Universe,  
who has chosen us from among all peoples by giving us Thy Torah.  
Blessed art Thou Lord, giver of the Torah.

### **BLESSING WHEN AFFIXING A MEZUZAH**

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM ASHER KIDSHANU  
B'MITZVOTAV, V'TZIVANU LIKVOA MEZUZAH.*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us with His commandments  
and commanded us to affix a mezuzah.

### **BLESSING BEFORE BLOWING THE SHOFAR**

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM ASHER KIDSHANU  
B'MITZVOTAV, V'TZIVANU L'SHMOA KOL SHOFAR.*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us with His commandments  
and commanded us to hear the sound of the shofar.

### **BLESSING YOUR CHILDREN**

*Y'VAH-REH-CHE-CHAH ADONAI V'YESSHM'REH-CHAH.*

The Lord bless thee, and keep thee.

*YAH-EHR ADONAI PAH-NAHV EL-LEH-CHAH V'CHOO-NEH-CHAH.*

The Lord make His face shine upon thee, and be gracious unto thee.

*YE-SAH ADONAI PAH-NAHV EH-LEH-CHAH V'YAH-SAIM L'CHAI SHALOM.*

*SHALOM B'SHEM YESHUA.*

The Lord lift up His countenance upon thee and give thee peace.  
Peace in the name of Yeshua.

### **BLESSING WHEN PUTTING ON A TALIT**

*BARUCH ATA ADONAI ELOHAINU MELECH HA-OLAM ASHER KIDSHANU  
B'MITZVOTAV, V'TZIVANU L'HE-TAH-TEF B'TZI-TZEET.*

Blessed art Thou, Lord our God, King of the Universe,  
who has sanctified us with His commandments  
and commanded us to wear garments with fringes.

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