

# Blessing The Children

It is a custom to bless our children every Friday night and on Jewish holidays with the following:

בְּרַכָּה ה' וַיִּשְׁמְרֶךָ:

יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחַנְךָ:

יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:

May Adonai bless and protect you. May Adonai's countenance shine upon you and grant you kindness. May Adonai's countenance be lifted toward you and grant you peace.

*Y'varekh'kha Adonai v'yishm'rekha. Ya-eir Adonai panav eilekha vi-hunnekka.  
Yissa Adonai panav eilekka v'yaseim l'kha shalom.*

**On the evening of Yom Kippur we add the following:**

May your eyes look straight ahead, your mouth speak wisdom, your heart meditate with awe and wonder, your hands busy themselves with mitzvot, your legs run to do the will of your Father in heaven, and may you be inscribed and sealed for a good, long life among all of the people of Israel. Amen.