

A Sampling of Blessings from Jewish Tradition

Blessings for the Shabbat Dinner Table

The Blessing for Lighting the Shabbat Candles



בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch Atah Adonai, Eloheinu Melech ha'olam
asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat*
Blessed are You, Adonai, our God, Your Presence fills creation.

You make us holy with Your *mitzvot* and command us to kindle the lights of Shabbat.

The Blessing for Blessing Our Boys

יְשִׁמַּח אֱלֹהִים
כְּאַפְרַיִם וְכַמְנַשֶּׁה.

Y'simcha Elohim k'Efrayim v'che-Menasheh
May God make you like Ephraim and Menashe.

The Blessing for Blessing Our Girls

יְשִׁמַּח אֱלֹהִים
כְּסָרָה, רִבְקָה, רָחֵל וְלֵאָה.

Y'simeich Elohim k'Sarah, Rivkah, Rachel, v'Leah.
May God make you like Sarah, Rebecca, Rachel and Leah.



The Blessing for All Our Children

יְבָרֶכֶךָ יְהוָה וַיִּשְׁמְרֶכָּ.
יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶכָּ.
יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

*Y'varechecha Adonai V'yish'm'recha.
Ya'er Adonai panav eilecha vichuneka.
Yisa Adonai panav eilecha v'yasem l'cha shalom.*
May God bless you and watch over you.
May the light of God shine upon you, and may God be gracious to you.
May the presence of God be with you and give you peace.

A Sampling of Blessings from Jewish Tradition

The Blessing Over the Wine

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei p'ri hagafen
Blessed are You, Adonai our God, whose Presence fills creation,
Creator of the fruit of the vine.



בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן
הַנְּחִילָנוּ, זְכוֹרֹן לְמַעֲשֵׂה בְּרָאשִׁית. פִּי הוּא יוֹם
הַחֲלָה לְמִקְרָאֵי קֹדֶשׁ, זְכוֹר לִיציאת מצרים. פִּי בָנוּ
בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל הָעַמִּים. וְשָׁבַת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ. בְּרוּךְ אַתָּה יי, מִקְדֵּשׁ
הַשַּׁבָּת.

*Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'ratzah vanu,
v'Shabbat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'ma-aseih v'reishit.
Ki hu yom t'chilah l'mikra-ei kodesh, zeicher litziat Mitzrayim.
Ki vanu vacharta, v'otanu kidashta, mikol ha-amim.
V'Shabbat kodsh'cha b'ahavah uv'ratzon hinchaltanu.
Baruch Atah Adonai, m'kadeish haShabbat.*

Blessed are You, Adonai our God, whose Presence fills Creation, who makes us holy with *mitzvot* and takes delight in us. In love and favor, God made the holy Shabbat, our heritage, as a reminder of the work of Creation. It is first among our sacred days, and a remembrance of the Exodus from Egypt. O God, You have chosen us and set us apart from all the peoples, and in love and favor have given us the Sabbath day as a sacred inheritance. Blessed are You, Adonai, for Shabbat and its holiness.

The Blessing Over the Bread

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.



Baruch Atah Adonai, Eloheinu Melech ha'olam, hamotzi lechem min ha-aretz.
Blessed are You, Eternal our God, whose Presence fill creation,
who brings forth bread from the earth.

A Sampling of Blessings from Jewish Tradition

Blessing Before a Trip or Journey

יְהִי רָצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתּוֹלִיכֵנו לְשָׁלוֹם, וְתַצְעִידֵנוּ לְשָׁלוֹם, וְתִדְרִיכֵנוּ לְשָׁלוֹם, וְתַגִּיעֵנוּ לְמַחֲזֵז הַפְּצָנוּ לְחַיִּים וְלִשְׂמֵחָה וְלִשְׁלוֹם, וְתַצִּילֵנוּ מִכָּף כָּל אוֹיֵב וְאוֹרֵב בְּדַרְךְךָ, וּמִכָּל מִינֵי פְרַעֲנוֹת הַמִּתְרַגְּשׁוֹת לְבוֹא לְעוֹלָם, וְתִשְׁלַח בְּרָכָה בְּ(כָל) מַעֲשֵׂה יָדֵינוּ, וְתִתְּנֵנוּ לָחוֹן וְלַחֲסָד וְלִרְחֻמִּים בְּעֵינֶיךָ וּבְעֵינֵי כָל רוֹאֵינוּ, וְתִשְׁמַע קוֹל תַּחֲנוּנֵינוּ, כִּי אֵל שׁוֹמֵעַ תִּפְלָה וְתַחֲנוּן אַתָּה. בָּרוּךְ אַתָּה יי, שׁוֹמֵעַ תִּפְלָה.

Ye-hi ratson mil'fa-ne-cha Adonai elo-hei-nu vei-lo-hei avo-teinu sheh-toli-cheinu l'shalom v'ta-tzi-deinu l'shalom, v'tad-ri-cheinu l'shalom v'ta-gi-einu lim-choz chef-tseinu l'chayim ul-simcha ul-shalom V'ta-tsi-leinu mikaf kol oyeiv v'oreiv v'listim v'cha-yot ra-ot ba-derech — u-mikol mi-nei fur-a-niyot ha-mit-ragshot lavo la-olam. V'tish-lach b'racha b'chol ma-asei ya-deinu v'tit-neinu l'chein ul-chesed ul-racha-mim be'ei-necha uv-einei chol ro-einu, v'tishma kol tacha-nu-neinu ki Eil sho-mei-a t'fi-lah v'ta-cha-nun a-tah. Ba-ruch A-tah Adonai sho-mei-a t'fi-lah.

May it be Your will, Eternal One, our God and the God of our ancestors, that You lead us toward peace, direct our footsteps towards peace, guide us toward peace, and make us reach our desired destination for life, gladness, and peace. May You rescue us from the hand of every foe, ambush, bandits and wild animals along the way, and from all manner of punishments that assemble to come to Earth. May You send blessing in our every handiwork, and grant us peace, kindness, and mercy in your eyes and in the eyes of all who see us. May You hear the sound of our supplication, because You are the God who hears prayer and supplications. Blessed are You, Eternal One, who hears prayer.

Blessing After Surviving a Dangerous or Life-Threatening Ordeal

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת, שֶׁגְּמַלְנִי כָּל טוֹב.

Baruch Atah Adonai, Eloheinu Melech ha'olam, ha-gomel l'chayavim tovot, sheg-malani kol tov.
Praised are You, Adonai, our God, whose Presence fills creation, who has bestowed upon the undeserving good things, and has given me all good things.

Blessing Upon Awakening in the Morning

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיְזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

Modeh (Modah if female) ani l'faneicha, Melech chai v'kayam, she-heh-chezarta bi nishmati b'chemlah, rabah emunatecha.

I thank You, living and eternal One, for returning my soul within me with compassion. Great is Your faithfulness.

A Sampling of Blessings from Jewish Tradition

Blessings Before Performing a Mitzvah

Before Hanging a Mezuzah



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְקַבֹּעַ מְזוּזָה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu likboa m'zuzah.
Blessed are You, Adonai, Our God, whose Presence fills creation, who makes us holy with *mitzvot* and commands us to attach a *mezuzah*.



Before Washing Hands for a Meal

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who makes us holy with *mitzvot* and commands us concerning the washing of the hands.



Before Reading or Studying Torah

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לַעֲסוֹק בְּדַבְרֵי תוֹרָה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu la'asok b'divrei Torah.

Blessed are You, Adonai, Our God, whose Presence fills creation, who makes us holy with *mitzvot* and commands us to busy ourselves with the study of Torah.

Before Immersion in a Mikvah

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל הַטְּבִילָה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al ha'tvilah.

Blessed are You, Adonai, Our God, whose Presence fills creation, who makes us holy with *mitzvot* and commands us concerning immersion.

A Sampling of Blessings from Jewish Tradition

Blessings Before Eating or Drinking

Before Eating Anything made of Wheat, Barley, Rye, Oats, Spelt or Rice

ברוך אתה יי אלהינו מלך העולם, בורא מיני מזונות.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei minei m'zonot.

Blessed are You, Adonai, Our God, whose Presence fills creation, Creator of various kinds of nourishment.



Before Eating Fruits which Grow on Trees

ברוך אתה יי אלהינו מלך העולם, בורא פרי העץ.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei p'ri ha'etz.

Blessed are You, Adonai, Our God, whose Presence fills creation, Creator of the fruit of the tree.

Before Eating Earth-Grown Produce (Vegetables)

ברוך אתה יי אלהינו מלך העולם, בורא פרי האדמה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei p'ri ha'adamah.

Blessed are You, Adonai, Our God, whose Presence fills creation, Creator of the fruit of the earth.

Before Eating Meat, Fish, Milk, Eggs, Cheese, Mushrooms, and Before Drinking All Liquids except Wine or Grape Juice

ברוך אתה יי אלהינו מלך העולם, שיהכל נהיה בדברו.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'hakol nihiyeh bidvaro.

Blessed are You, Adonai, Our God, whose Presence fills creation, by whose word all things come to be.

Blessings Said Over Fragrances

When Smelling a Blend of Various Spices

ברוך אתה יי אלהינו מלך העולם, בורא מיני בשמים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei minei v'samim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who creates fragrant spices.



A Sampling of Blessings from Jewish Tradition

When Smelling Fragrant Shrubs and Trees or their Flowers

ברוך אתה יי אלהינו מלך העולם, בורא עצי בשמים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei atzei v'samim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who creates fragrant trees.

When Smelling Fragrant Herbs, Grasses or Flowers

ברוך אתה יי אלהינו מלך העולם, בורא עשבי בשמים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Borei isvei v'samim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who creates fragrant herbs.



When Smelling Fragrant Edible Fruits or Nuts

ברוך אתה יי אלהינו מלך העולם, הנותן ריח טוב בפרות.

Baruch Atah Adonai, Eloheinu Melech ha'olam, hanotein rei'ach tov bapeirot.

Blessed are You, Adonai, Our God, whose Presence fills creation, who places a good aroma in fruits.



Blessings Said upon Witnessing Awesome Sights

When Seeing Shooting Stars, Comets, Great Seas, Tall Mountains, a Hurricane or Lightning

ברוך אתה יי אלהינו מלך העולם, עושה מעשה בראשית.

Baruch Atah Adonai, Eloheinu Melech ha'olam, oseh ma'aseh v'reishit.

Blessed are You, Adonai, Our God, whose Presence fills creation, who makes the works of Creation.

When Hearing Thunder



ברוך אתה יי אלהינו מלך העולם, שכחו וגבורתו מלא עולם.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'ko-cho ug'vurato malei olam.

Blessed are You, Adonai, Our God, whose Presence fills creation, whose strength and power fill the universe.

A Sampling of Blessings from Jewish Tradition

When Seeing a Rainbow

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זֹכֵר הַבְּרִית וְנֹאמָן בְּבְרִיתוֹ וְקִים בְּמֵאֲמָרוֹ.

Baruch Atah Adonai, Eloheinu Melech ha'olam, zocheir ha-brit v'ne'eman bivrito v'kayam b'ma'amaro.

Blessed are You, Adonai, Our God, whose Presence fills creation, who remembers the covenant, is faithful to the covenant and fulfills God's word.



When Seeing the Ocean



בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂה אֶת הַיָּם הַגָּדוֹל.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'asah et ha-yam hagadol.

Blessed are You, Adonai, Our God, whose Presence fills creation, who Created the great sea.

When Seeing the New Moon

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְחַדֵּשׁ רֵאשֵׁי חֳדָשִׁים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, m'chadeish roshei chadashim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who renews the moon.

When Seeing Exceptionally Beautiful People, Trees or Fields

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁכָּפָה לוֹ בְּעוֹלָמוֹ.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'ka-cha lo ba'olamo.

Blessed are You, Adonai, Our God, whose Presence fills creation, who has such things in God's universe.

When Seeing Unique-Looking People or Animals

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְשַׁנֶּה הַבְּרִיּוֹת.

Baruch Atah Adonai, Eloheinu Melech ha'olam, m'shaneh ha'bri-ot.

Blessed are You, Adonai, Our God, whose Presence fills creation, who makes creatures different.

When Seeing Fruit Trees in Bloom During the Spring (only said once a year)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁלֹּא חָסַר בְּעוֹלָמוֹ דָּבָר, וּבָרָא בוֹ בְּרִיּוֹת טוֹבוֹת וְאֵילָנוֹת טוֹבוֹים, לְהַנּוֹת בָּהֶם בְּנֵי אָדָם.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'lo chisar ba'olamo davar, u'vara vo bri-ot tovot v'ilanot tovot, l'hanot bahem b'nei adam.

Blessed are You, Adonai, Our God, whose Presence fills creation, for nothing is lacking in God's universe, and God created in it good creatures and good trees, to cause humankind pleasure in them.

A Sampling of Blessings from Jewish Tradition

When Seeing a Great Torah Scholar

ברוך אתה יי אלהינו מלך העולם, שחלק מחכמתו ליראיו.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'halach mei-chachmato l'rei-av.

Blessed are You, Adonai, Our God, whose Presence fills creation, who has given great knowledge to those who are in awe of God.

When Seeing a Great Secular Scholar

ברוך אתה יי אלהינו מלך העולם, שנתן מחכמתו לבשר ודם.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'natan mei-chachmato l'vasar vadam.

Blessed are You, Adonai, Our God, whose Presence fills creation, who has given humans some of God's own knowledge.



When Seeing 600,000 or More People Together (or a very large crowd)

ברוך אתה יי אלהינו מלך העולם, חכם הרזים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, chacham ha-razim.

Blessed are You, Adonai, Our God, whose Presence fills creation, Knower of secrets.

During One's 1st Meeting with a Friend Who Recovered from Life-Threatening Illness

ברוך רחמנא מלכא דעלמא, די יחבד לן ולא יחבד לעפרא.

B'rich rachamana malkah d'alma, di yachavach lan v'lo yachavach l'afrah.

Blessed is the Merciful One, whose Presence fills creation, who has given you to us and has not given you to the dust.

When Seeing a Friend or Relative Whom You Haven't Seen in Over a Year

ברוך אתה יי אלהינו מלך העולם, מתייה המתים.

Baruch Atah Adonai, Eloheinu Melech ha'olam, m'chayei ha'meitim.

Blessed are You, Adonai, Our God, whose Presence fills creation, who revives the dead.

When Seeing A Place Where You Had Experienced a Life-Saving Miracle

ברוך אתה יי אלהינו מלך העולם, שעשה לי נס במקום הזה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'asah li nes bamakom hazeh.

Blessed are You, Adonai, Our God, whose Presence fills creation, who performed a miracle for me at this place.

A Sampling of Blessings from Jewish Tradition

When Seeing a Place Where Your Parents or Ancestors Were Miraculously Saved

ברוך אתה יי אלהינו מלך העולם, שעשה נס לאביולאמי במקום הזה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she'asah nes l'avi / l'imo bamakom hazeh.

Blessed are You, Adonai, Our God, whose Presence fills creation, who performed a miracle for my father/mother at this place.

When Hearing Particularly Good News for Oneself and Others

ברוך אתה יי אלהינו מלך העולם, הטוב והמטיב.

Baruch Atah Adonai, Eloheinu Melech ha'olam, hatov v'hameitiv.

Blessed are You, Adonai, Our God, whose Presence fills creation, who is good and does good.

When Hearing News of Someone's Death or Other Bad News

ברוך אתה יי אלהינו מלך העולם, דיין האמת.

Baruch Atah Adonai, Eloheinu Melech ha'olam, Dayan ha-emet.

Blessed are You, Adonai, Our God, whose Presence fills creation, the Judge of truth.

Upon Experiencing Something for the First Time (ever or that year) or Upon Hearing Good News that is Particular to Oneself

ברוך אתה יי אלהינו מלך העולם, שהחיינו וקימנו והגיענו לזמן הזה.

Baruch Atah Adonai, Eloheinu Melech ha'olam, she-he-cheyanu, v'kiyeh-manu, v'higiyanu, laz'man ha'zeh.

Blessed are You, Adonai, Our God, whose Presence fills creation, for giving us life, for sustaining us, and for enabling us to reach this moment.

*Don't Forget...You Should Feel Free to Make up
Your Own Blessings Too!*

**And God said to [Abraham]...I will bless
you...and **you shall be a blessing!** -Genesis 12:1-2**