

Shabbat at Home

The following resources come from the Union for Reform Judaism website.

Compiled by Rabbi Marcus L. Burstein

Lighting of Shabbat Candles

The candles are lit before the blessing is recited.

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

Baruch Atah, Adonai, Eloheinu, Melech Haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

If you would like to hear a chanted, recorded version of this prayer, please click here:

<http://www.reformjudaism.org/sites/default/files/t3r4-candle-shabbat-chanted.mp3>

It is traditional to bless children each Shabbat and on every holiday.

Place your hands on the head of the child and recite:

When blessing girls, start with these lines:

יְשִׁימֶךָ אֱלֹהִים
כְּשָׂרָה, כְּרִבְקָה,
כְּרָחֵל וְכִלְאָה.

Y'simeich Elohim k'Sarah, Rivkah, Rachel, v'Leah.

May God make you like Sarah, Rebecca, Rachel and Leah.

When blessing boys, start with these lines:

יְשִׁימֶךָ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

Y'simcha Elohim k'Efrayim v'che-Menasheh.

May God make you like Ephraim and Menasheh.

Continue here for all children:

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ.
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.
יֵשֶׁא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שָׁלוֹם.

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 guard 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.

For Kiddush -- The Blessing over the Wine

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצּוֹתָיו

וְרָצָה בָּנוּ, וְשִׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ זְכוֹרוֹן

לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ, זִכָּר

לִיצִיאַת מִצְרָיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשִׁתָּ מִכָּל

הָעַמִּים, וְשִׁבֵּת קִדְּשֶׁךָ בְּאַהֲבָה וּבְרָצוֹן הַנְּחַלְתָּנוּ. בָּרוּךְ

אַתָּה יי, מִקְדֵּשׁ הַשִּׁבֵּת.

Baruch Atah, Adonai

Eloheinu, Melech Haolam,

borei p'ri hagafen.

*Baruch Atah, Adonai
Eloheinu, Melech Haolam,
asher kid'shanu b'mitzvotav v'ratzah vanu,
v'Shabbat kodsho
b'ahavah uv'ratzon hinchilanu,
zikaron l'maaseih v'reishit.
Ki hu yom t'chilah l'mikra-ei kodesh,
zecher litziat Mitzrayim.
Ki vanu vacharta, v'otanu kidashta,
mikol haamim.
V'Shabbat kodsh'cha
b'ahavah uv'ratzon hinchaltanu.
Baruch Atah, Adonai, m'kadeish HaShabbat.*

Praise to You, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe
who finding favor with us, sanctified us with mitzvot.
In love and favor, You made the holy Shabat our heritage
as a reminder of the work of Creation.
As first among our sacred days, it recalls the Exodus from Egypt.
You chose us and set us apart from the peoples.
In love and favor You have given us Your holy Shabbat as an inheritance.

If you would like to hear a chanted, recorded version of this prayer, please click here:
<http://www.reformjudaism.org/sites/default/files/t8r5-kiddush-chanted.mp3>

For Motzi -- The Blessing over Challah/Bread

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

Baruch Atah Adonai, Eloheinu Melech Haolam, Hamotzi lechem min haaretz.

Our praise to You, Eternal our God, Sovereign of the universe, Who brings forth bread from the earth.

If you would like to hear a spoken, recorded version of this prayer, please click here:
<http://www.reformjudaism.org/sites/default/files/bread-blessing.mp3>