

*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:

יְשִׁימְךָ אֱלֹהִים