

# 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.