Blessing the Children

For our sons:
May you be like Ephraim and Menashe.

יְשִׂימְךָ אֱלֹהיִׂם כְּאֶפְרַיְם וְכִׂמְנַשֶה

(*Y’simkha Elohim k’Ephraim v’khi-Menashe*).

For our daughters:
May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָׂה רִׂבְקָׂה רָׂחֵל וְלֵאָׂה

(*Y’simekh Elohim k’Sarah, Rivka, Rachel, v’Leah*).

For our children and families:
May God bless you and protect you.

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(*Y’varekhekha Adonai v’yishm’rekha*).

May God show you favor and be gracious to you.

יָאֵר יְהוָה פָׂנָיו אֵלֶיךָ וִיחֻנֶךָׂ

(*Ya’er Adonai panav eilekha vichuneka*).

May God show you kindness and grant you peace.

יִשָא יְהוָה פָּנְיו אֵלֶיךָ וְיִשָּם לְךָ שָׂלום

(*Yisa Adonai panav eilekha v’yasem l’kha shalom*).
Healing Prayers
By Todd Herzog

El Na R’fa Na Lah, R’fa Na Lanu (2x)
Dear God of our ancestors (2x)
Help us renew our faith (2x)
Grant us a perfect healing (2x)
Bring peace to all our days (2x)

El Na R’fa Na Lah, R’fa Na Lanu (2x)
(Based on Numbers 12:13)

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Not By Might—Not By Power
By Debbie Friedman

Not by might and not by power,
But by spirit alone shall we all live in peace. (2x)
The children sing, the children dream.
And their tears may fall, but we’ll hear them call
And another song will rise, another song will rise, another song will rise!
Not by might and not by power,
But by spirit alone shall we all live in peace.
Not by might, not by power, shalom!

(based on Zechariah 4:6)