Blessing the Children

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

יְשִּימְךָ אֱלֹהיִׂם כְאֶפְרַיְם וְכִׂמְנַשֶּׁה

Y’simkha Elohim k’Ephraim v’khi-Menashe.

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

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָה רִבְקָה רָחֵל וְלֵאָה

Y’simekh Elohim k’Sarah, Rivka, Rachel, v’Leah

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

יִבְרָכֶךָ יְהוָֽה וְיִשְׁמְרֶךָ

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

נָאָר יְהוָֽה פָּנָיו אֵלֶיךָ וְיִיחַנֶךָ

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִּשָׂא יְהוָֽה פָּנָיו אֵלֶיךָ לְךָ שָׂלום

Yisa Adonai panav eilekha v’yaseim l’kha shalom

◊◊◊
Healing Prayers
Music by Debbie Friedman

Mi shebeirach avoteinu
M'kor ha-b'rakha l'imoteinu
May the Source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
And let us say: Amen.

Mi shebeirach imoteinu
M'kor ha-b'rakhah la-avoteinu
Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit,
And let us say: Amen

Let There Be Love—Hashkiveinu
Music by Noah Aronson, Jodi Sufrin, & Dan Singer English text by Chaim Stern

Let there be love and understanding among us.
Let peace and friendship be our shelter from life’s storms.
Hashkiveinu Adonai Eloheinu, Hashkiveinu l’shalom.