Blessing the Children

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

יְשִׂימָהּ אֱלֹהֵיכֶם כְּאֶפְרַיָּם וְכִּמְנַשֶּׁהָ

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

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

יְשִׂימֵהּ אֱלֹהֵיכֶם כְּשָׂרַּה רוּבְקָה רוּחֵל וְלֵאָה

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

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

בָּרֵךְ הָאֱלֹהִים מֵעָלֵיכֶם

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

נָאְרָה יְהוָה פָּנָיו אֲלֵיכֶם

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּׂא יְהוָה פָּנָיו אֲלֵיכֶם נָשֶׁם לְךָ שָׁלוֹם

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

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Yih’yu L’ratzon
By Josh Nelson

Yih'yu l'ratzon imrei fi
v'hegyon libi l'fanecha
Adonai tzuri v'goali.

May the words of my mouth and
the meditations of my heart be acceptable to you.

(Psalm 19:15)