Blessing the Children

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

יהשם אלהים כאפרים ומנשה
Y’simkha Elohim k’Ephraim v’khi-Menashe.

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

יהשם אלהים קסרה ורבשה וראחל ולהה
Y’simeikh Elohim k’Sarah, Rivka, Rachel, v’Leah

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

ברךך יהוה וישמך
Y’varekhekha Adonai v’yishm’rekha
May God show you favor and be gracious to you.

גואר יהוה פרשת אלהיך ירחמות
Ya’eer Adonai panav eilekha vichuneka
May God show you kindness and grant you peace.

ישא יהוה פרשת אלהיך וישם לך שלום
Yisa Adonai panav eilekha v’yaseim l’kha shalom

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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’rakha 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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T’fillat HaDerech
By Debbie Friedman

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy.
May this be our blessing: Amen.

Amen, Amen, may this be our blessing: Amen. (2x)

May we be sheltered by the wings of peace.
May we be kept in safety and in love.
May grace and compassion find their way to every soul.
May this be our blessing: Amen.

Amen, Amen, may this be our blessing: Amen. (2x)