Blessing the Children

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

יְשִׂימְךָ אֱלֹהיִׂם כְאֶפְרַיְם וְכִׂמְנַשֶה

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

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

יְשִׂימֵךְ אֱלֹהיִׂם כְשָׂרָּה רִבְקָה רָחֵל וְלֵאָה

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

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

יִבְרֶכֶךָ יְהוָה וְיִשְמְרֶךָ

Y’varekhekha Adonai v’yishm’rekha

May God show you favor and be gracious to you.

זָאָר יְהוָה אָלִיךָ יִיחָנְנֶךָ

Ya’eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יִשָּא יְהוָה אָלִיךָ וְיִשְׂמַע לְךָ שָׂלֹמָה

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’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