



## Before lunch blessing



**Baruch atah Adonai,  
Eloheinu melech ha'olam, boreh mi  
nei mezonot. Amen.**

Blessed are you L-rd our G-d, King of  
the Universe, Who creates various  
kinds of sustenance.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא מִיְּנֵי מְזוֹנוֹת



## Halla bread blessing (Hamotzi)



**Baruch atah Adonai, Eloheinu melech  
ha'olam, hamotzi lechem min ha'aretz.  
Amen.**

Blessed are You, L-rd our G-d, King of the  
Universe, Who brings forth bread from the  
earth.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ



## Wine blessing(Kiddush)



**Baruch atah Adonai, Eloheinu  
melech ha'olam, boreh p'ri  
hagafen. Amen.**

Blessed are You, God, Ruler of the  
universe, who creates the fruit of the  
vine.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגָּפֶן



## Candle lighting blessing



**Baruch atah Adonai, Eloheinu melech  
ha'olam, asher kid'shanu  
b'mitzvotav, v'tzivanu l'hadlik, ner shel  
Shabbat. Amen.**

Blessed are You, God, Ruler of the  
universe, who sanctified us with the  
commandment of lighting Shabbat  
candles.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ  
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.



## Washing hands blessing

**Baruch atah Adonai, Eloheinu Melech  
ha'olam, asher kid'shanu b'mitzvotav,  
v'tzivanu al netilat yadayim.**

Blessed are You, Lord our God, King of the  
universe, who has sanctified us with Your  
commandments, and commanded us  
concerning the washing of the hands.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם



## Modeh Ani: (Morning Prayer) **Modeh ani l'fanekha melech hai v'ayam**



**She-hehezarta bi nishmati  
b'hemlah rabbah emunatekha.**

I thank You, living and eternal One, for  
Your kindness in restoring my soul.  
How great is your trust in us!

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם, שֶׁהֲחַזַּרְתָּ  
בִּי נִשְׁמָתִי בְּחֶמְלָה. רַבָּה אֲמוּנָתְךָ

# Shema Prayer:

And you shall love the Lord your God with all your heart and with all your soul and with all your might.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֶנְכִי מְצַוְךָ הַיּוֹם עַל לְבָבְךָ

*V'hayu had'varim ha'eileh asher anokhi m'tzav'kha hayom al l'vavekha.*

And these words that I command you today shall be in your heart.



וְשִׁנַּנְתֶּם לְבַנְיֵךְ וּדְבַרְתָּ בָם

*V'shinan'tam l'vanekha v'dibar'ta bam*

And you shall teach them diligently to your children, and you shall speak of them



בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ

*b'shiv't'kha b'veitekha uv'lekh't'kha vaderekh uv'shakh'b'kha uv'kumekha*

when you sit at home, and when you walk along the way, and when you lie down and when you rise up.



וּקְשַׁרְתֶּם לְאוֹת עַל יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ

*Uk'shar'tam l'ot al yadekha v'hayu l'totafot bein einekha.*

And you shall bind them as a sign on your hand, and they shall be for frontlets between your eyes.



וּכְתַבְתֶּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

*Ukh'tav'tam al m'zuzot beitekha uvish'arekha.*

And you shall write them on the doorposts of your house and on your gates.



# Shalom Aleichem

Shalom aleichem mal'achei hashareit mal'achei elyon

Peace be with you, ministering angels, messengers of the Most High,

מְמַלְךָ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Mimelech malchei ham'lachim, ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

Bo'achem l'shalom mal'achei hashalom mal'achei elyon

Come in peace, messengers of peace, messengers of the Most High,

מְמַלְךָ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Mimelech malchei ham'lachim, ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

Barechuni l'shalom mal'achei hashalom mal'achei elyon

Bless me with peace, messengers of peace, messengers of the Most High,

מְמַלְךָ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Mimelech malchei ham'lachim ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיוֹן

Tzeitchem l'shalom mal'achei hashalom mal'achei elyon

Go in peace, messengers of peace, messengers of the Most High,

מְמַלְךָ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Mimelech malchei ham'lachim ha-kadosh baruch hu

Messengers of the King of Kings, the Holy One, Blessed be He.