



# Blessing the Children

5

## ברכת הבנים

## שבת

*There is a beautiful custom for parents to bless their children on a Friday night with the same blessing which was given by Jacob to his grandsons and is given by the Kohen on festivals.*

*Each child is blessed individually by the father (or mother) as follows:*

**Boys:**  
May G-d make you like  
Ephraim and like Menashe

**Girls:**  
May G-d make you like  
Sara, Rivkah, Rachel and  
Leah

**Both:**  
May G-d bless you and  
protect you;

May G-d shine his face  
toward you and grant you  
favour;

May G-d look favourably  
upon you and grant you

*For boys:*

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם  
וְכַמְנַשֶּׁה

*For girls:*

יְשִׁימְךָ אֱלֹהִים כְּסָרָה רִבְקָה  
רָחֵל וְלֵאָה

*Continue for both:*

יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ:  
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ:  
יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ  
שָׁלוֹם:

*Boys:*

YESIMCHA ELOHIM  
K'EPHRAIM  
V'CHIMENASHE

*Girls:*

YESIMEICH ELOHIM K'SARA  
RIVKAH RACHEL V'LEAH

*Both:*

YEVARECHECHA ADONAI  
VEYISHMARECHA

YA'EIR ADONAI PANAV  
EILECHA VICHUNKA

YISA ADONAI PANAV  
EILECHA VEYASEIM LECHA  
SHALOM

