

# Shabbat Blessings בְּרָכוֹת שַׁבָּת

(Short/P'tichah-Only Kiddush)  
Holiday Songs, Prayers, & Blessings

## Shabbat שַׁבָּת

### To-Do List:

- Do the **Ready...Set...Prep!** questions (Page 2) with your *chevruta* partner
- Read the text in Hebrew (Page 3) with your *chevruta* partner
- Answer the **First Read** questions on Page 3 either alone or together
- Work on translating the blessings (Pages 4-6) with your *chevruta* partner
- Answer the **Break It Down!** questions (Pages 7-9) together
- Now Practice!** Read and sing the blessings together, alone, and/or online (see Page 10)
- Do the **Get Creative!** activity on page 11
- Read and/or sing the blessings to a teacher to sign off

*chevruta*

חֵבְרוּתָא

*n.* study companion.  
Shares a root with the word "friend" (חֵבֵר).



# Shabbat Blessings בְּרָכוֹת שַׁבָּת

Ready... Set... Prep!

Read the following information along with a *chevruta* partner, then fill out the chart together!

Many of our prayers were written to be said as a community in the synagogue. But שַׁבָּת comes with a set of blessings that are meant to be said at home, as a family, when שַׁבָּת starts on Friday evening.

Some communities will also say the שַׁבָּת blessings in the synagogue during or after Friday night services – either in case some of us didn’t have time to say them at home, or for a “bonus” blessing experience as the community welcomes שַׁבָּת.

We say blessings over at least 3 things at the start of שַׁבָּת – candles, wine, and *challah*. Each blessing helps us recognize one of the ways in which שַׁבָּת is different, special, and holy compared to the other 6 days of the week. Normally, we don’t light candles before we eat – or maybe one candle for ambiance – while we drink water and eat maybe a piece or two of bread... but on שַׁבָּת, we light at least two candles, indulge in wine or grape juice, and bring out one or two full loaves of *challah* for the meal.

Using the information above and some creativity for the last column, fill in the rest of the chart below: what could each of the main three blessings symbolize for how Shabbat is different from the rest of the week? (Some examples are included!)

	The rest of the week...	But on Shabbat...	So this could represent...
Candles	we light ___ candles before a normal meal.	we light ___ candles before we eat.	1. <u>light/love</u> 2. _____
Wine/ Grape Juice	we drink _____ with most meals.	we drink _____ before/with our meal.	1. <u>sweetness</u> 2. _____
<i>Challah</i>	we serve 0-__ loaves of bread per meal.	we serve ___-___ <i>challot</i> with our meal.	1. _____ 2. _____

Now read the Shabbat blessings below out loud!

1.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

1.2 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

1.3 וְצִוְּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

2.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2.2 בּוֹרֵא פְּרֵי הַגֶּפֶן.

3.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

3.2 הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

### First-Read Questions

Jewish blessings often follow a common **formula** – some blessings don't follow the **formula**, but most do, including these.

1. What is a **formula**?

- Use Google's "define: \_\_\_\_\_" feature for "**formula**."
- Look at the **second** definition. (The first one applies to math, not this!)
- A formula is a \_\_\_\_\_ form of \_\_\_\_\_

2. Look at the three blessings above: **highlight** or **circle** the words that are the **same** in **all three** blessings.

3. This six-word formula is called a פְּתִיחָה / opening formula. Can you think of another blessing or prayer that uses the same פְּתִיחָה? (Hint: Think about Chanukah, or the morning prayers!) \_\_\_\_\_



Translation: Blessing 1

Fill in the blanks of the first blessing's translation using the Word Bank at the bottom!

Prefix	Suffix	Noun	Verb	Preposition	Adjective / Adverb
--------	--------	------	------	-------------	--------------------

הָעוֹלָם,	מֶלֶךְ	אֱלֹהֵינוּ	יְי	אַתָּה	בְּרוּךְ	1
of the Universe,	Ruler	_____ God,	Adonai	are	_____	

בְּמִצְוֹתָיו,	קִדְשָׁנוּ	אֲשֶׁר	2
with God's _____,	made _____ holy	who	

שַׁבָּת.	שָׁל	נֵר	לְהַדְלִיק	וְצִוָּנוּ	3
Shabbat.	of	the _____	to light	and commanded _____	

Word Bank

-נוּ	מִצְוֹת	בְּרוּךְ	נֵר	אַתָּה	-וּ
us/our (suffix)	commandments (noun)	blessed (adjective)	candle (noun)	you (pronoun)	and (prefix)

The translations above go **right-to-left** with the Hebrew text. Now write out the English translations for both lines from **left-to-right**. The first one has been started for you! (Check your work on page 7!)

- Blessed are \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Translation: Blessing 2

Fill in the blanks of the first blessing's translation using the Word Bank at the bottom!

Prefix	Suffix	Noun	Verb	Preposition	Adjective / Adverb
--------	--------	------	------	-------------	--------------------

הָעוֹלָם,	מֶלֶךְ	אֱלֹהֵינוּ	יְי	אַתָּה	בְּרוּךְ	1
of the Universe,	Ruler	_____ God,	Adonai	are	_____	

הַגֶּפֶן .	פְּרֵי	בוֹרֵא	2
the _____.	the _____ of	_____ of	

Word Bank

פְּרֵי	-נוּ	גֶּפֶן	בְּרוּךְ	בוֹרֵא	אַתָּה
fruit (noun)	us/our (suffix)	vine (noun)	blessed (adjective)	creator (noun)	you (pronoun)

The translations above go **right-to-left** with the Hebrew text. Now write out the English translations for both lines from **left-to-right**. The first one has been started for you! (Check your work on page 7!)

- Blessed are \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_

Translation: Blessing 3

Fill in the blanks of the first blessing's translation using the Word Bank at the bottom!

Prefix	Suffix	Noun	Verb	Preposition	Adjective / Adverb
--------	--------	------	------	-------------	--------------------

הַעוֹלָם, <b>ה</b>	מֶלֶךְ	<b>אֱלֹהֵינוּ</b>	יְי	אַתָּה	בְּרוּךְ	1
of <b>_____</b> Universe,	Ruler	<b>_____</b> God,	Adonai	are	<b>_____</b>	

<b>הָאָרֶץ</b>	מִן	לֶחֶם	<b>הַמוֹצִיא</b>	2
the <b>_____</b> .	from	<b>_____</b>	<b>_____</b> One who Brings Forth	

Word Bank

<b>נו-</b>	לֶחֶם	בְּרוּךְ	אָרֶץ	אַתָּה	<b>ה-</b>
us/our (suffix)	bread (noun)	blessed (adjective)	earth (noun)	you (pronoun)	the (prefix)

The translations above go **right-to-left** with the Hebrew text. Now write out the English translations for both lines from **left-to-right**. The first one has been started for you! (Check your work on the next page!)

1. Blessed are  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

## Shabbat Blessings: Color-Coded for Meaning

The colors here are just to help you match each word to its translation in the English on the right.

<p>בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,</p>	<p>Blessed are You, Adonai our God, Ruler of the Universe,</p>
<p>1.2 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, 1.3 וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.</p>	<p>Who made us holy with God's commandments and commanded us to light the candle of Shabbat.</p>
<p>2.2 בּוֹרֵא פְּרֵי הַגֶּפֶן.</p>	<p>Creator of the fruit of the vine.</p>
<p>3.2 הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.</p>	<p>The One Who Brings Forth bread from the earth.</p>

### Break it Down

- Underline at least one key **Hebrew** word in each blessing.

**Why** did you choose them?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Almost all prayers fit into one of three types: **gratitude** (“THANK YOU!!”), **praise** (“WOW!!”) or **petition** (“HELP!!”). A few prayers also fit into a fourth category, **reminder** (“REMEMBER THIS!”). Which kind(s) do you think these blessings are? \_\_\_\_\_

Why do you think so? \_\_\_\_\_

**PERSONAL** prayers are said because they address the **INDIVIDUAL**'s (“**my**”) needs. Personal prayers can still be said with a community; the **subject matter** and **purpose** makes a prayer personal, not the way we say

**COMMUNAL** prayers are said to address the **COMMUNITY**'s (“**our**”) needs. Some communal prayers can still be said alone; the **subject matter** and **purpose** makes a prayer communal more than anything else.

While some prayers/blessings could go either way, these blessings lean much more in one direction than the other.

- Do you think these blessings are more personal or communal? \_\_\_\_\_

Why do you think so? (Use evidence from the blessings & your own opinions!)

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4. What does **נר** mean (in Blessing 1)? \_\_\_\_\_  
 What wintertime holiday do we also say a blessing that includes this word?  
 \_\_\_\_\_
5. Use your memories and knowledge about Shabbat (and the Word Bank below) to fill in the blanks:

Many Jewish families follow a tradition of covering or closing their \_\_\_\_\_ while saying Blessing 1, and waving their \_\_\_\_\_ over the lights beforehand. Usually, we say a blessing before we perform the *mitzvah* (commandment) it relates to – we bless a food then we eat it, for instance. But once Shabbat starts, we’re not supposed to light \_\_\_\_\_, since it’s too similar to the work God did on the \_\_\_\_\_st Day of Creation when God created light. But saying this first blessing marks the official start of \_\_\_\_\_, the \_\_\_\_\_th day, when God \_\_\_\_\_ and refreshed from the hard work of Creation – so if we said the blessing, then lit the candles, we would be creating light right as we’re supposed to start resting and \_\_\_\_\_, just like God did! So instead, we light the candles, bring the spiritual warmth of the light closer to us by waving our \_\_\_\_\_ over the candles, then cover or close our \_\_\_\_\_ while saying the blessing. That way, we get to enjoy the first Shabbat \_\_\_\_\_ as we look up again right after saying the \_\_\_\_\_!

WORD BANK


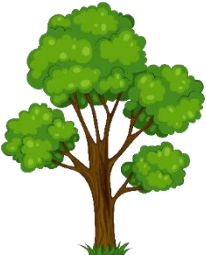
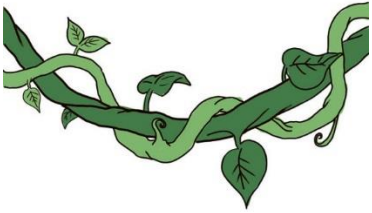
1	7	blessing	eyes (2x)	fires	hands (2x)	light	rested	refreshing	Shabbat
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6. What does **פְּרִי** mean (in Blessing 2)? \_\_\_\_\_  
 What does **הַגָּפֶן** mean (in Blessing 2)? \_\_\_\_\_  
 So when Blessing 2 is blessing God for creating **פְּרִי הַגָּפֶן**, what type of fruit is that referring to? \_\_\_\_\_
7. What day of Creation did God make **פְּרִי הַגָּפֶן** and all the other plants?  
 (Do a Google Image search for “days of creation in Genesis” for some pretty reminder images/charts!) \_\_\_\_\_





8. If you change the last word of Blessing 2, it can turn into the blessing for foods that come from a few other types of plants, too – list two more examples for each in the chart below!

<p>בּוֹרָא פְּרִי הָאֲדָמָה earth</p>	<p>בּוֹרָא פְּרִי הָעֵץ tree</p>	<p>בּוֹרָא פְּרִי הַגֶּפֶן vine</p>
		
<p>Foods such as...</p> <p>1. <u>turnips</u></p> <p>2. _____</p> <p>3. _____</p>	<p>Foods such as...</p> <p>1. <u>apples</u></p> <p>2. _____</p> <p>3. _____</p>	<p>Foods such as...</p> <p>1. <u>watermelon</u></p> <p>2. _____</p> <p>3. _____</p>

9. Take another look at the translation of Blessing 3:

<p>3.1 בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,</p>	<p>Blessed are You, Adonai our God, Ruler of the Universe,</p>
<p>3.2 הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.</p>	<p>The One Who Brings Forth <b>bread</b> from the earth.</p>

Does God literally bring forth “bread” – fully baked, ready to eat – out of the earth? \_\_\_\_\_

So what does לֶחֶם / “bread” probably represent *symbolically* in this blessing? (In other words, which plant *does* God bring forth from the earth so we can make bread?) \_\_\_\_\_

10. Hebrew *does* have a word for that plant: חֲטָה... why do you think we bless

God for bringing forth לֶחֶם and not חֲטָה from the earth? (In other words, why, in your opinion, would our blessing use a symbolic word instead of a literal word?) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Practice, Practice, Practice!*

Practice reading, then singing, the Shabbat blessings until you're ready to sign off with a teacher!

1.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,

1.2 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

1.3 וְצִוְּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

2.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,

2.2 בּוֹרֵא פְּרֵי הַגֶּפֶן.

3.1 בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,

3.2 הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.



**Practice Online:**

In **ShalomLearning**, practice with the JiTap soundboard directly in your browser!

Or open the **JiTap app** and search for “**JLearnHub Shabbat**” to find the Tap-and-Hear soundboard to practice.

*Shabbat Blessings: Get Creative!*

Take a series of **four** photographs to combine into a PicCollage:  
 use the planning guide below, then ask your teacher for approval of your plans  
 before going to take your photos!

PHOTO 1	PHOTO 2
<p>To represent BLESSING 1, over the _____:</p> <p>SETTING: _____</p> <p>PROPS: _____</p> <p>_____</p> <p>PEOPLE: _____</p> <p>_____</p> <p>POSE (DOING WHAT): _____</p> <p>_____</p> <p>OTHER NOTES: _____</p> <p>_____</p>	<p>To represent BLESSING 2, over the _____:</p> <p>SETTING: _____</p> <p>PROPS: _____</p> <p>_____</p> <p>PEOPLE: _____</p> <p>_____</p> <p>POSE (DOING WHAT): _____</p> <p>_____</p> <p>OTHER NOTES: _____</p> <p>_____</p>
PHOTO 3	PHOTO 4
<p>To represent BLESSING 3, over the _____:</p> <p>SETTING: _____</p> <p>PROPS: _____</p> <p>_____</p> <p>PEOPLE: _____</p> <p>_____</p> <p>POSE (DOING WHAT): _____</p> <p>_____</p> <p>OTHER NOTES: _____</p> <p>_____</p>	<p>To represent SHABBAT OVERALL, the last photo should make you feel _____:</p> <p>SETTING: _____</p> <p>PROPS: _____</p> <p>_____</p> <p>PEOPLE: _____</p> <p>_____</p> <p>POSE (DOING WHAT): _____</p> <p>_____</p> <p>OTHER NOTES: _____</p> <p>_____</p>