

Parents' Prayers to Choose From

- 1) Lord our God, Author of life and Source of all blessings, gratefully we thank You for the privilege of seeing our son/daughter become a Bar/Bat Mitzvah.

On this day, cherished dreams and hopes are fulfilled. On this day, new dreams and new hopes are born.

We pray that Your protecting and loving care will accompany him/her wherever s/he goes and in all that s/he does. Help him/her to become all that s/he is capable of being. Give him/her strength to do all the good things that are within his/her reach. Keep him/her loyal to the best that s/he has been shown, and to the noblest Jewish teachings s/he has been taught.

May his/her deeds find favor in the eyes of others and be worthy of Your blessings at all times.

Amen.

- 2) With gladness and thanksgiving we offer our prayers, as our son/daughter becomes a Bar/Bat Mitzvah.

We give thanks for the wondrous privilege of seeing our son/daughter day by day, week by week, year by year. For the health and strength You have given him/her, for the mind and spirit with which You endowed him/her, for his/her ability to elicit and return love – for all these precious gifts, we offer thanks.

Watch over him/her, O God, on this special day and every day. Grant him/her a growing understanding of the significance of this occasion, and a deepening loyalty to all that it represents. May the teachings of our heritage guide him/her throughout life; and may s/he lead a life worthy of Your blessings.

Amen.

- 3) On this Shabbat when our daughter/son becomes a Bat/Bar Mitzvah, we have come with her/him and our loved ones to join in worship and to offer our prayer of thanksgiving.

We are grateful, O God, for the privilege of passing along the gift of life which You gave us, thus sharing with You in the miracle of Creation. WE are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges which these years have brought us.

Bless our daughter/son, O God; watch over her/him, protect her/him, guide her/him. Help her/him to continue to grow in body and mind, in soul and character. Keep her/him loyal to our people and to the teachings of our Torah. May her/his life be rich and rewarding. May all her deeds bring pride to us, honor to the House of Israel, and glory to Your name.

Amen.

- 4) We thank You, O God, for the joyous fulfillment we feel as our daughter/son reaches the threshold of womanhood/manhood.

We feel privileged the s/he is our daughter/son, and that s/he is bound to us by bonds of love, of memory, and of hope!

Accept our gratitude, O God, for the years that have come and gone; bless our hope for the years that are yet to be.

Grant our daughter/son a growing understanding of the significance of this occasion, and a deepening loyalty to all that it represents.

May Your guidance accompany her/him at all times, in a life marked by reverence for Torah and love of all Your children.

Amen.

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- 5) _____, today we offer you the words of a prayer from the Talmud, as adapted by Debbie Friedman in a song:

May your eyes shine with the light of Torah And your face be radiant as the brightness of the sky. May your lips speak words of wisdom, And may the world you live in be the world of your dreams.

May you see your world created in your lifetime. May you see your visions come to be. May your hope touch every generation to come. These are the prayers we have for you.

May you be blessed with understanding, With wisdom and compassion in your heart. May your tongue be filled with song. And your lips sing out for justice. These are the prayers we have for you.

May your eyes shine with the light of Torah And your face be radiant as the brightness of the sky. May your lips speak words of wisdom, And may the world you live in be the world of your dreams.

Y'varech'cha Adonai v'Yishmerecha – May God bless you and watch over you.

Yaer Adonai panav eleicha vee'chunecha – May God be gracious and compassionate to you.

Yisa Adonai panav eleicha v'yasem l'cha shalom – May God look upon you and grant you peace. We love you.

- 6) May the Lord (Adonai) teach you to find your courage when you are most afraid. May He (God) let you know peace even while storms rage around you.

May God teach you to have patience in your dealings with others, and to learn tolerance for those whose lives are on routes different than your own.

May your outlook on life be bright and may God give you the wisdom to recognize that a bump in the road is nothing more than that.

May you know your duty to God and to the Jewish people and may you let it serve you as a guide through life.

May you practice respect for others while always remembering first to respect yourself.

May you always give freely of yourself to those in need, and may you learn that there is a difference between listening and merely hearing, and between seeing and merely observing.

May your dreams be fulfilled, and may you learn to choose those dreams wisely.

And, finally, may your studies of Torah always be a source of delight to you, and may you someday take joy in teaching it to your children as we have to ours.

Amen.

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- 7) May all the gifts hidden inside you find their way into the world,
May all the kindness of your thoughts be expressed in your deeds,
May all your learning lead to wisdom,
May all your efforts lead to success,
May all the love in your heart be returned to you,
May you have faith in yourself and faith in goodness,
May you have courage, humility, and the love of good friends,
May G-d bless your body with health and your soul with joy,
May G-d watch over you night and day and protect you from harm,
May all your prayers be answered.

And as we say every Shabbat,

Y'varach'cha adonai v'yishm'recha Ya'er adonai panav elecha vichuneka.

Y'ssa adonai panav elecha v'yasem l'cha shalom.

May G-d bless and keep you

May he watch over you in kindness.

May he grant you a life of good health, joy, and peace. *Harchaman hu y'varech otanu kulanu yachad b'virkat shalom*

May G-d bless all of US together with the blessing of peace.

Let us say, Amen

8) What I wish for my son/daughter,

I wish for all our children:

I wish for you to be a person of character strong but not tough, gentle but not weak.

I wish for you to be righteous but not self-righteous

Honest but not unforgiving.

Wherever you journey, may your steps be firm, and may you walk in just paths and not be afraid.

Whenever you speak, may your words be words of wisdom and friendship.

May your hands build

And your heart preserve what is good and beautiful in our world.

May the voices of the generations of our people move through you

And may the god of our ancestors be your god as well.

May you know that there is a people a rich heritage, to which you belong and from that sacred place

You are connected to all who dwell on the earth.

May the stories of our people be upon your heart

And the grace of the Torah rhythm dance in your soul.

Amen.

9) May you embrace life to the fullest

May you confront your fears and not allow them to paralyze you in pursuing what you love

May you view this world as a safe, unthreatening and funny place in which to dwell

May you one day fully appreciate the extraordinary gifts that you have been given of empathy, kindness, intelligence and beauty

May your sense of humor always be close to you and comfort you through difficult times

May you always remember this extraordinary day - and your Jewish mothers and fathers who came before you and made it possible for you to stand here today as a Jew

May God smile upon you, bathe you in sunlight and embrace you with love

Amen.

10) _____, surrounded by our family, friends and community,

This is the blessing I have for you:

May you have the ability to make your hopes and dreams come true.

May you be blessed with patience and understanding,

With wisdom and compassion, in your mind and heart.

May your deeds support righteousness,

And your goodness serve as an example to others.

May your enthusiasm for learning continue throughout your life,

And bring you great personal joy and fulfillment.

May your eyes shine with the light of the Torah,

And your voice be filled with song.

May your Judaism not be just something inherited, but something to be discovered and explored.

Mazel Tov

11) With tremendous joy and pride;

In the presence of God, friends, family, clergy and congregation;

We offer you this blessing, _____;

On this day of your Bar/Bat Mitzvah:

May your sensitivity to others less fortunate compel you to act on their behalf in the spirit of Tikkun Olam, repair of the world.

May your love of learning inspire you to seek knowledge and engage in the exploration of Torah.

May your passion and enthusiasm propel you to spread joy and hope and possibility to those whose lives you touch.

May your spirit of adventure lead you to fully experience all that life has to offer.

May your self-confidence and determination fortify you in times of uncertainty.

May you take the gifts and talents that you have been given and make the world a better place for all.

May you always remember this special day and cherish the memory of your Jewish ancestors who came before you and made it possible for you to stand here today with pride in being a Bat Mitzvah.

We love you, _____.

12) I/We want to tell you a secret, sweetheart (or another endearment)
Although we say today you are an adult,
Because the calendar page has turned,
Because your age is now 13,
Because you have studied and prayed
And read and written and worried and hoped
To prepare for this, your big day
Your childhood will continue forever in you,
Its questions, fears, wonders, dreams, magic.
Though you take on the stature of adulthood
Its responsibilities, powers, doubts, alleged wisdom,
You will always be a child deep inside,
Wandering, seeking, finding, losing, living, and loving,
And I/we will wander, seek, find, lose, and love with you,
Proud of you every step as you share your uniqueness with the world.
May every step you take – whether bumpy or smooth - bring you closer to God, to the Jewish people, to
humanity, and to who you are meant to be.
Mazel tov!

13) Beloved child, here on this threshold between grown and growing
I/we anoint you with my/our sweetest dreams for you:
That you may greet struggle with great courage,
That you may find in love your deepest joy,
That you may be a teacher in every moment you learn,
That you may know our strides beside yours everywhere you walk,
That you may always see God in the stubborn persistence
Of this imperfect world,
That you may, with wonder find yourself becoming
Exactly who you are meant to be: the best version of.....
Mazel tov! I/we love you and are so proud of you.

- 14) O God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekah, Rachel, and Leah,
And who bestows miraculous things to those who are open to Your blessings, send Your insight
_____ as life's journey brings change, for today s/he enters a new phase of life.

Like Abraham in his conversation with God, may s/he always work for justice.

Like Isaac, may s/he stay calm in a crisis.

Like Jacob, may s/he be strong enough to stand up to enemies both internal and external.

Like Sarah, may s/he have the strength to continue forward, even if unsure about where the path will lead.

Like Rebekah, may s/he show kindness to strangers and the creatures of God's world,

Like Rachel, may s/he find love in this world,

Like Leah, may s/he find peace in her/his heart despite any moments of doubt.

O Source of all, who revealed the Torah to our people, let be open to witnessing Your ways in her/his life today and every day.

May s/he find blessing in her/his life and in turn bless You as you guide his/her journey.

And let us say,

Amen.