

Blessing the Children on Friday Night

1. Place your hands on the heads of your children



2. Read this whole blessing even if you don't have a son or daughter.

For boys, the introductory line is:

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וּכְמִנְשֶׁה.
Yeshimcha Elohim Keh-Ephraim V'Menashe
May you be like Ephraim and Menashe.

For girls, the introductory line is:

יְשִׁימְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה.
Yesimech Elohim KeSarah, Rivka, Rachel, V'Leah
May you be like Sarah, Rebecca, Rachel, and Leah.

For both boys and girls, the rest of the blessing is:

בְּרַכְךָ !! וְיִשְׁמְרֶךָ
Ye'varech'echa Adonai ve'yish'merecha.
May God bless you and guard you.

יָאֵר !! פְּנֵי אֵלֶיךָ וַיַּחַנְךָ
Ya'air Adonai panav eilecha vee-chuneka.
May God show you favor and be gracious to you.

יֵשָׂא !! פְּנֵי אֵלֶיךָ וַיַּשִּׁימְךָ לְשָׁלוֹם
Yisa Adonai panav eilecha, ve'yasim lecha shalom.
May God show you kindness and grant you peace.

*Background Information on the Back

From MyJewishLearning.com, BY TAMAR FOX

Many Jewish parents embrace the custom of blessing their children on [Friday evening](#). This custom is a nice way of bringing gratitude and spirituality into your family. On Shabbat and at other special occasions, it can contribute to a special feeling of closeness between you and your children. The words of the blessing are taken from the [priestly blessing](#) (Numbers 6:24-26) and the introduction is altered depending on whether the child being blessed is a boy or girl.