

## **Parents' Blessing of the Bar/Bat Mitzvah:**

I would like to provide you, the parents, with an opportunity to bless your child and express the significance of the moment from your perspective. The first paragraph is a traditional blessing noting the new responsibilities that are now upon your child. You may add a second short original blessing that you can write together to give to your child.

**Traditional Prayer:** \* Praised is God who has granted new responsibility to [name of child] and to us as his/her parents. As [name of child] begins to enjoy his/her new status among the Jewish people, may God grant us the wisdom to continue as his/her guides and counselors, allowing [name of child] to live in accordance with the teachings of our Torah as a responsible Jewish adult.

**Then you can add a personal note:** May you continue to be blessed with... Our wish for you.....We hope you will continue to..... You can note his/her special qualities and how you hope he/she will contribute to the Jewish community...Family traditions, how he/she is continuing an ancient practice linking the generations... This is really up to you. Remember it is a blessing and not a speech. You should keep it short, 2-3 sentences maximum.

**Sample Blessings:** Here are a few sample blessings to help guide you:

### **Sample Parental Blessing 1**

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.

### **Sample Parental Blessing 2**

Be interested in everything. Be curious, explore, adventurous, drink in everything, have fun but also be serious. Make a difference. Don't sit back and watch, go for it, take risks, be involved, help other people, help this planet. Honor your Jewish heritage and traditions. Have a purpose in life. Let me say that again: have a purpose in life. Your purpose gives meaning to your life. May you pursue justice and be a blessing to others. May you feel passionate about the social injustice in this world and may you do your part in helping to repair the world. May you continue to study Torah to help shape you into a better human being. May you love reading and read many books. May you be not just smart, but become wise. May you look beyond the surface of things. Life is about making choices. May you have the courage and good judgment to make good choices in your life.