

Parent blessing for sons and daughters said in Hebrew and English (Sarah Greenblatt)

Some families bless the children with this blessing from the Torah after lighting the Shabbat candles:

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה. (for sons)
יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה, רִבְקָה, רָחֵל וְלֵאָה. (for daughters)
יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ.
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.
יִשָּׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

(For sons) *Y'simkha Elohim K'Efrayim v'ki-M'nashe*
(For daughters) *Y'see-mekh Elohim k'Sarah, Rivka, Rakhel v'Leah.*
(For all) *Y'va-rekh'kha Adonai v'yish-m'rekha,*
Ya-air Adonai pa-nov ailekha vee'khoo-neka
Yee-sa Adonai pa-nav ailekha v'ya-sem l'kha shalom.

May God bless you as He blessed Efraim and Manasseh.
May God bless you as He blessed Sarah, Rebecca, Rachel and Leah.
May the Lord bless you and keep you.
May the Lord cause His spirit to shine upon you and be gracious unto you.
May the Lord turn His spirit unto you and grant you peace.