

Shabbat Blessings

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• Lighting of the Candles:

barukh ata Adonai Eloheinu melekh ha'olam
Blessed are You Lord our God king of the universe
asher natan lanu et Yeshua ha'mashiakh
Who has given us Yeshua the Messiah
lihiyot or la'olam
To be the light to the world

בָּרוּךְ אַתָּה אֲדוֹנֵי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר נָתַן לָנוּ אֶת יֵשׁוּעַ הַמָּשִׁיחַ
לְהִיּוֹת אוֹר לְעוֹלָם

• Blessing for the Lord's protection - Psalms 91:11, 121:8

ki malakhav yetsaveh lekha
For he will put his angels in charge of you
lishmorkha be'khol darkekha
To guard you in all your ways
Adonai yishmor tsetkha u'voekha
The Lord will guard your going out and your coming in
me'ata ve'ad olam
From this time forth and forevermore

כִּי מַלְאָכָיו יִצְוֶה לְךָ
לְשֹׁמְרֶךָ בְּכָל דֶּרֶכְךָ:
יְהוָה, יִשְׁמַר-צֵאתְךָ וּבֹאֶךָ
מֵעַתָּה, וְעַד-עוֹלָם.

Follow with personal prayer of thanks for the Lord's protection through the last week



• Psalm for Shabbat: Psalms 92

1 It is good to give thanks to the Lord, to
sing praises to your name, O Most High;
2 to declare your steadfast love in the
morning,
and your faithfulness by night,
3 to the music of the lute and the harp,
to the melody of the lyre.
4 For you, O Lord, have made me glad by
your work;
at the works of your hands I sing for joy.
5 How great are your works, O Lord!
Your thoughts are very deep!
6 The stupid man cannot know;
the fool cannot understand this:
7 that though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever;
8 but you, O Lord, are on high forever.
9 For behold, your enemies, O Lord,
for behold, your enemies shall perish;
all evildoers shall be scattered.
10 But you have exalted my horn like that
of the wild ox; you have poured over me
fresh oil.
11 My eyes have seen the downfall of my
enemies;
my ears have heard the doom of my evil
assailants.
12 The righteous flourish like the palm tree
and grow like a cedar in Lebanon.
13 They are planted in the house of the
Lord;
they flourish in the courts of our God.
14 They still bear fruit in old age;
they are ever full of sap and green,
15 to declare that the Lord is upright;
he is my rock, and there is no
unrighteousness in him.

א מזמור שיר, ליום השבת
ב טוב, להודות ליהוה; ולזמר לשמך עליון
ג להגיד בבקר חסדך; ואמונתך, בלילות
ד עלי-עשור, ועלי-נבל; עלי הגיון בכנור
ה כי שמחתני יהוה בפעלך; במעשי ידיך ארנן
ו מה גדלו מעשיך יהוה; מאד, עמקו מחשבתך
ז איש-בער, לא ידע; וכסיל, לא יבין את-זאת
ח בפרח רשעים, כמו עשב, ויצאו, כל-פעלי
און: להשמדם עדי-עד
ט ואתה מרום-- לעלם יהוה
י כי הנה איביך, יהוה-- כי-הנה איביך יאבדו
יתפרדו, כל-פעלי און
יא ותתם כראים קרני; בלתי, בשמן רענן
יב ותבט עיני, בשורי
יג צדיק, כתמר יפרח; כארז בלבנון ישגה
יד שתולים, בבית יהוה; בחצרות אלהינו יפריחו
טו עוד, ינובון בשיבה; דשנים ורעננים יהיו
טז להגיד, כי-ישר יהוה; ולא-עלתה בו

Sing – Tov Lehodot | It Is Good To Give Thanks – Psalms 92:1-5

[English](#)
[Chordsheet](#)

[Listen to the song on](#)
[Youtube](#)

[Hebrew](#)
[Chordsheet](#)

• Blessing the Wives - Eshet Khaiyl | Woman of Valour

Proverbs 31:10-31 – Blessing our wives from א (Alef – equivalent to the letter A) to ת (Tav – equivalent to the letter Z), from Beginning to End.

10 An excellent wife who can find?
She is far more precious than jewels.
11 The heart of her husband trusts in her,
and he will have no lack of gain.
12 She does him good, and not harm,
all the days of her life.
13 She seeks wool and flax,
and works with willing hands.
14 She is like the ships of the merchant;
she brings her food from afar.
15 She rises while it is yet night
and provides food for her household
and portions for her maidens.
16 She considers a field and buys it;
with the fruit of her hands she plants a vineyard.
17 She dresses herself[e] with strength
and makes her arms strong.
18 She perceives that her merchandise is
profitable. Her lamp does not go out at night.
19 She puts her hands to the distaff,
and her hands hold the spindle.
20 She opens her hand to the poor
and reaches out her hands to the needy.
21 She is not afraid of snow for her household,
for all her household are clothed in scarlet.
22 She makes bed coverings for herself;
her clothing is fine linen and purple.
23 Her husband is known in the gates
when he sits among the elders of the land.
24 She makes linen garments and sells them;
she delivers sashes to the merchant.
25 Strength and dignity are her clothing,
and she laughs at the time to come.
26 She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.
27 She looks well to the ways of her household
and does not eat the bread of idleness.
28 Her children rise up and call her blessed;
her husband also, and he praises her:
29 "Many women have done excellently,
but you surpass them all."
30 Charm is deceitful, and beauty is vain,
but a woman who fears the Lord is to be praised.
31 Give her of the fruit of her hands,
and let her works praise her in the gates.

10 אֵשֶׁת-חַיִּיל, מִי יִמְצָא; וְרֹחֵק מִפְּנֵינִים מְכָרָה.
11 בְּטַח בָּהּ, לֵב בַּעֲלָהּ; וְשִׁלָּל, לֹא יִחְסֹר.
12 גִּמְלָתָהּ טוֹב וְלֹא-רָע-- כָּל, יְמֵי חַיֶּיהָ.
13 דֹּרְשָׁה, צֹמֵר וּפְשָׁתִים; וְתַעֲשׂ, בַּחֲפֶץ כָּפִיָּה.
14 הֵיטָהּ, כְּאֵנוּיֹת סוֹחֵר; מִמֶּרְחֵק, תָּבִיא לַחֲמָה.
15 וְתִקֶּם, בְּעוֹד לַיְלָה-- וְתִתֵּן טָרֶף לִבִּיתָהּ; וְחֹק, לִנְעֻרֶיהָ.
16 זִמְמָה שָׂדֶה, וְתִקְחָהּ; מִפְּרִי כָפִיָּה, נִטְעָה כָרֶם.
17 חֲגֹרָה בְּעוֹז מִתְּנִיָּה; וְתֹאמֵץ, זְרוּעֶיהָ.
18 טַעְמָהּ, כִּי-טוֹב סוֹחֵרָה; לֹא-יִכְבֶּה בַּלֵּילָה נִרָה.
19 יָדֶיהָ, שִׁלְחָהּ בְּכִישׁוֹר; וְכָפִיָּה, תִּמְכּוּ פֶלֶךְ.
20 כָּפִיָּה, פֶּרֶשָׁה לַעֲנִי; וַיְדִיָּה, שִׁלְחָהּ לְאֲבִיוֹן.
21 לֹא-תִירָא לִבִּיתָהּ מִשְׁלָג; כִּי כָל-בֵּיתָהּ, לִבְשׁ שָׁנִים.
22 מִרְבָּדִים עֲשֵׂתָהּ-לָהּ; שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ.
23 נֹדַע בְּשַׁעְרִים בַּעֲלָהּ; בְּשִׁבְתָּהּ, עַם-זִקְנֵי-אַרְץ.
24 סָדִין עֲשֵׂתָהּ, וְתִמְכֹּר; וְחֹגוֹר, נִתְּנָה לְכִנְעָנִי.
25 עַז-וְהִדְר לְבוּשָׁהּ; וְתִשְׁחֹק, לְיוֹם אַחֲרוֹן.
26 פִּיָּהּ, פֶּתַחַּהּ בַּחֲכָמָה; וְתוֹרַת חֶסֶד, עַל-לְשׁוֹנָהּ.
27 צוּפִיָּהּ, הִלִּיכּוֹת בֵּיתָהּ; וְלֶחֶם עֲצָלוּת, לֹא תֹאכֹל.
28 קָמוּ בָנֶיהָ, וַיֵּאֱשָׁרוּהָ; בַּעֲלָהּ, וַיְהַלֵּלָהּ.
29 רַבּוֹת בָּנוֹת, עָשׂוּ חַיִּיל; וְאַתָּה, עָלִית עַל-כָּלֵנָהּ.
30 שֶׁקֶר הַחֹן, וְהַבֵּל הַיָּפִי: אִשָּׁה יִרְאֵת-יְהוָה, הִיא תִתְהַלָּל.
31 תְּנוּ-לָהּ, מִפְּרִי יְדֶיהָ; וַיְהַלְלוּהָ בְּשַׁעְרִים מַעֲשֵׂיהָ.

Follow with personal prayer for Wives & Women of Valour

• Blessing the Children

For the Boys:

yasimkha Elohim ke'efrayim ve'menasheh
May God make you like Ephraim & Mennasheh
ve'le'talmidim tovim
And good followers
shel adoneinu Yeshua ha'mashiakh
of our Lord Yeshua our Messiah

For the Girls:

yasimkha Elohim ke'sara rivka rakhel ve'lea
May God make you like Sarah, Rebekah, Rachel & Lea
u'le'talmidot tovim
And good followers
shel adoneinu Yeshua ha'mashiakh
of our Lord Yeshua our Messiah

לבנים:

יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וּמְנַשֶּׁה וְכַתְלָמִידִים טוֹבִים שֶׁל
אֲדוֹנֵינוּ יֵשׁוּעַ הַמָּשִׁיחַ

לבנות:

יְשִׁימְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה וְכַתְלָמִידוֹת טוֹבוֹת וְנֶאֱמָנוֹת
שֶׁל אֲדוֹנֵינוּ יֵשׁוּעַ הַמָּשִׁיחַ

Follow with personal prayer for the Children

• Blessing the Husbands - Psalms 1:1-3

1 Blessed is the man

who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

2 but his delight is in the law of the Lord,
and on his law he meditates day and night.

3 He is like a tree

planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.

In all that he does, he prospers.

1 אִשְׁרֵי הָאִישׁ-- אֲשֶׁר לֹא הֵלֵךְ, בְּעִצַּת רָשָׁעִים;

וּבִדְרֹךְ חַטָּאִים, לֹא עָמַד, וּבְמוֹשֵׁב לְצִיד, לֹא יָשָׁב.

2 כִּי אִם בְּתוֹרַת יְהוָה, חִפְצוֹ; וּבְתוֹרָתוֹ יִהְיֶה, יוֹמָם וּלְיָלִיל.

3 וְהָיָה-- כֶּעֶץ, שֶׁתּוֹלַע עַל-פִּלְגֵי-מַיִם:

אֲשֶׁר פֵּרִי, יִתֵּן בְּעֵתוֹ-- וְעֵלְהוּ לֹא-יִבּוֹל; וְכָל אֲשֶׁר-יַעֲשֶׂה
יִצְלִיחַ.

Follow with personal prayer for the Husbands

• Receiving the Shabbat - Genesis 2:1-3

The sixth day. 1 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

יום הששי. 1 וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: 2 וַיִּשְׁבֹּת בַּיּוֹם אֱלֹהִים מִכָּל הַשְּׂבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת הַיּוֹם הַשְּׂבִיעִי וַיְקַדְּשֵׁהוּ. כִּי בּוֹ שָׁבַת מְכָל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:

yom ha'shishi. va'yakhulu ha'shamayim ve'ha'arets ve'khol tseva'am: va'yekhal Elohim ba'yom ha'shevi'i mi'kol melakhto asher asa. va'yishbot ba'yom ha'shevi'i mi'kol melakhto asher asa: va'yevarekh Elohim et yom ha'shevi'i va'yikadesh oto. ki vo shavat mi'kol melakhto asher bara Elohim la'asot

• Blessing the Wine

barukh ata Adonai Eloheinu melekh ha'olam
Blessed are You Lord our God King of the Universe
boreh pri ha'gefen
creator of the fruit of the vine

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

• Kidush Blessing

barukh ata Adonai Eloheinu melekh ha'olam
Blessed are You Lord our God King of the Universe
asher kidshanu be'mitsvotav ve'ratsa banu
who sanctifies us in His laws and favoured us
ve'shabat kodsho be'ahava u'vratson hinkhilanu
and gave us shabbat in love as an inheritance,
zikaron le'ma'aseh bereshit
as a remembrance of the act of creation
ki hu yom tkhila le'mikreh kodesh
for this day is the beginning of all holy days,
zekher le'yetsi'at mitsrayim
a remembrance of the Exodus from Egypt.
ki vanu vakharta ve'otanu kidashta
For You have chosen us and set us apart
mi kol ha'amim
from among all the nations.
ve'shabat kodshekha be'ahava u'vratson
Your holy sabbath you have given us in love
hinkhaltanu: barukh ata adonai
as an inheritance: Blessed are You Lord
mekadesh ha'shabat
Who Sanctifies the Sabbath.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ. וְשָׁבַת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָנוּ. זָכְרוֹן לַמַּעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם
תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זָכָר לִיצִיאַת מִצְרַיִם. כִּי בָנוּ
בְּחֶרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מְכָל הָעַמִּים וְשָׁבַת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ: בָּרוּךְ אַתָּה ה'. מְקַדֵּשׁ
הַשָּׁבָת:

Follow with personal prayer for the wine

• Blessing the Bread

barukh ata Adonai Eloheinu melekh ha'olam

Blessed are You Lord our God King of the Universe

ha'motsi lekhem min ha'arets

who brings forth bread from the earth

ברוך אתה אדוני אלהינו מלך
העולם המוציא לחם מן הארץ

Follow with personal prayer for the bread

• Sing Shabbat Shalom song

shabat shalom shabat shalom

shabat shabat shabat shabat shalom

shabat shabat shabat shabat shalom

shabat shabat shabat shabat shalom

shabat shalom shabat shalom

shabat shabat shabat shabat shalom

שַׁבַּת שְׁלוֹם, שַׁבַּת שְׁלוֹם,

שַׁבַּת שַׁבַּת שַׁבַּת שַׁבַּת שְׁלוֹם

שַׁבַּת שַׁבַּת, שַׁבַּת שְׁלוֹם

שַׁבַּת שַׁבַּת, שַׁבַּת שְׁלוֹם

שַׁבַּת שְׁלוֹם, שַׁבַּת שְׁלוֹם,

שַׁבַּת שַׁבַּת שַׁבַּת שְׁלוֹם

*Follow with personal prayer for the food
Lets eat!)*

