B'NEI MITZVAH
MECHINA
בנין מצוה מיינך
הפילוח וברכה

PRAYERS AND BLESSINGS
YOU NEED TO KNOW
FOR YOUR
BAR/BAT MITZVAH

MY NAME: ____________________________________________

MY PARSHA: __________________________________________

MY BAR/BAT MITZVAH DATE: ____________________________

Accompanies "Prayers and Blessings" CD

→ www.emanuelsf.org/mechina
Blessing for the study of Torah

ברוך אתה בִּנְאֵלָה ה' מלך העולם, איש קדש
במעלותי, וانا לעשונך בדברי תורה.

Blessed are you, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to engage with words of Torah.
Blessed are you, Adonai our God, sovereign of the universe, who creates the fruit of the vine.

Blessed are you, Adonai our God, sovereign of the universe, Who has sanctified us with commandments and is pleased with us, and the holy Sabbath in love and in favor, God gave us a heritage, a memorial of the work of creation. For it is the day beginning for holy convocations, a memorial of the exodus from Egypt. For You chose us and sanctified us from all the nations. And Your holy Sabbath with love and favor you gave us a heritage. Blessed are You, Adonai, Who sanctifies the Sabbath.
Tallit Blessing

בָּרוּךָ אָתָּה יְהֹウェָה אוֹדָא מָלָא רוּחָם אַשְּרָה קַדְשֵׁנִי בְּבֵאָרוּסָיִי, יְצָאָה לְהָעָפָת בְּעָלָה.

Praised are You, Adonai, our God, sovereign of the universe, for sharing Your holiness with us through Your commandments, and commanding us to envelop ourselves in tsitsit.

Shema

שְמַעֲכֵם יִשְׂרָאֵל יְהֹウェָה אֶלֹהֵינוּ יְאָהָד.
בָּרוּךָ שֶׁמֶּלֶךְ עַל-כָּל-עָלְמֵנוּ וַעֲדֵן.

Hear O Israel: Adonai is our God; Adonai is One!
Praised is God’s glorious majesty for ever and ever!
You shall love Adonai your God with all your mind and being and strength. Keep these words, which I command you today, in mind. Instruct your children about them. Use them when you sit at home and when you walk about, when you lie down and when you stand up. Bind them to your hand as a sign and set them between your eyes as a symbol. Write them on the doorposts of your house and on your gates. Thus will you remember and do all of My commandments, and so be holy before your God. I am Adonai, your God, who led you out of the land of Egypt to be your God. I am Adonai your God.
Adonai Sefatai

אַדְוָנָי שֶפֶטַאי הַפְּטָא הָפְּטָא יְנִיָה הַפְּטָא

Adonai, open up my lips, that my mouth may declare Your praise.

Avot v’Imahot

בָּרוּךָ אַתָּה בָּנָא אֱלֹהֵינוּ בָּרָאָתָם אֱלֹהִים אָבִיתָנוּ אֱמָמוֹתֵנוּ.

שֵׁרְחָה אַלְּמָה רְבָּה אַלְּמָה רָחִיל אַלְּמָה לַא.

נַעֲלֵי חֵפֵצִים חֵפֵצִים חֵפֵצִים חֵפֵצִים חֵפֵצִים חֵפֵצִים חֵפֵצִים חֵפֵצִים.

יוֹנָא חֲסֵדֵ יָבִי תְנוֹנֵי הָאֱמֶתָא.

וְמַעְיָה הַאֵלָה לָבֶּן בֵּינֵי הָעָלְמָא יִירְאוּ שָמָא הַאֲמֶתָא.

מִלְּחָא אָזָא הַמְּזוֹיעֵי נְמוּנָא.

בָּרוּךָ אַתָּה בָּנָא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא בָּרֹכָּא.

Praised are You, Adonai, our God and our ancestors’ God: God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebekah, God of Rachel, and God of Leah; great, mighty, and revered God, supreme God, imparting deeds of kindness, source of everything, who treasures the loving acts of our ancestors and brings redemption to their descendants for the sake of Your name, in love. Our Sovereign helps and saves and protects! Praised are You, Adonai, Shield of Abraham, who gives aid to Sarah.
Gevurot

אמות גורל לועלם עדנא, מהיה הפל (מחרים)
אמות, בר להושיע:

משייב חרות ומוריד גנים.
مورיד החן.

מקלבל חיות בחדש, מהיה הפל יב╮ים רבים,
סומך נפלים, ורוחם חולים, ומחטיר אסורים,
 IDMך קויים ומעננות לישני עפר,
מי י้างח בעל בוחרת ומי דמהו לן,
מקלך ממיית ומחיה ומשמים ישועה.
נאמה אמה להחיית הפל.
ברוח אמה ב', מהיה הפל.

You are forever mighty, Adonai: giving life to all, You are a mighty savior.

In winter, we add: You cause the wind to blow and the rain to fall.
In summer, we add: You cause the dew to fall.

You sustain life with kindness, giving life to all with great mercy, supporting the fallen, healing the sick, and freeing the captive, and keeping faith with sleepers in the dust. Who is like You, Master of Might; and who resembles You, a Sovereign who causes death and causes life, and causes salvation to flourish! You faithfully give life to all living creatures. Praised are You, Adonai, who gives life to all.
Shema/Echad Eloheinu

שמע ישראל: יһוה אלהינו, יһוה אֹחֶד.
Hear O Israel: Adonai is our God; Adonai is One!

אָהָד אלהינו, גֵּדוֹל אֵלוהינו, קָדוֹשׁ שֶׁמוֹ.
Our God is One; our Sovereign is great, holy in name!

Blessing Before Torah Reading

ברוך אתה אלוקים המבורך!
(Congregation)
ברוך אתה אלוקים המבורך!
Praise Adonai who is to be praised!
Praised be Adonai, who is to be praised for ever and ever!

ברוך אתה אלוקים מלך עולם,
ברוך אתה אלוקים מלך עולם,
Praised are You, Adonai our God, sovereign of the world,
who has chosen us from all peoples to give us your Torah.
Praised are You, Adonai, who gives the Torah.
Blessing After Torah Reading

Praised are You, Adonai our God, sovereign of the world, who has given us a Torah of truth, and planted in our midst eternal life. Praised are You, Adonai, who gives the Torah.

Blessing Before Haftarah Reading

Praised are You, Adonai our God, sovereign of the universe, who has chosen insightful prophets, and who has delighted in their words, spoken in truth. Praised are You, Adonai, for delighting in the Torah, in Moses Your servant, in Israel Your people, and in prophets of truth and righteousness.
Blessing After Haftarah Reading

Praised are You, Adonai our God, sovereign of the universe, Rock of all ages, Righteous of all generations, the faithful God, whose word is deed, whose speech is fulfilled, whose every word is true and righteous. For the Torah, for worship, for the prophets, and for this Shabbat day that You have given us, Adonai our God, we thank You and praise You. May Your name be praised by every living being, forever and ever. Praised are You, Adonai, for sanctifying Shabbat.
The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It shall be a sign for all time between Me and the people of Israel, for in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Therefore Adonai blessed the day of Shabbat and hallowed it.

Praise to You, Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.