



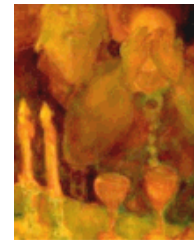
Lehadlik ner shel Shabbat -

Rabbinical Blessing over the Sabbath Candles

וְקִרְאתָ לַשַּׁבָּת עֲנִי לְקֹדֶשׁ יְהוָה נֹכְבָּד

*...call the Sabbath a delight and the holy day of the LORD honorable...
- Isaiah 58:13*

Sabbath candles are lit by the (eldest) woman of the house no later than 18 minutes before sundown on Friday evening (i.e., before Shabbat begins). After kindling the candles, she waives her hands over the flames three times (as if welcoming in the Sabbath), and covering her eyes with her hands (so as not to see the candles burning) says:



בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

*Blessed are You, LORD our God, King of the universe,
Who sanctified us with his commandments and commanded us to kindle
the sabbath candles.*

*Barukh attah Adonai eloheinu melekh ha-olam,
asher kideshanu bemitzvotav ve-tsivanu lehadlik
ner shel shabbat.*

At this moment, when the family is gathered together, the woman may offer a silent or verbal prayer on behalf of her husband and children (in generations past, personal prayers in Yiddish called "*techinot*" were commonly said by Jewish women before doing a *mitzvah* and on special occasions).

A minimum of two candles are lit corresponding to the two expressions of Shabbat mentioned in Exodus 20:8 ("Zakhor," remember) and Deuteronomy 5:12 ("Shamor," keep or guard). Some women add an additional light with the birth of each child and continue lighting it throughout the years.



In most cases of *berachot*, the blessing is recited first, followed by the performance of the *mitzvah*. In the case of this blessing, however, the woman lights the candles first, and then pronounces the blessing, since once she has pronounced the blessing, she has accepted Shabbat restrictions upon herself, and therefore would be unable to light the candles afterwards.

Note: The exact time for candle lighting is determined by Rabbinical authority and is known as *Zmanim*. A weekly Jewish calendar will indicate the time for your locality.

Transliterated:

בָּרוּךְ	אַתָּה	יְהוָה	אֱלֹהֵינוּ	מֶלֶךְ	הָעוֹלָם,
ba·rukḥ	'at·tah	'YH·wah	elo·he·y·nu	me·lekh	ha'·o·lam
Blessed	are you	Lord	our God	king (of)	the universe

אֲשֶׁר	קִדְּשָׁנוּ	בְּמִצְוֹתָיו,	וְצִוָּנוּ	לְהַדְלִיק
'a·sher	kid·de·sha·nu	be·mits·vo·tav	v'tsi·va·nu	le·had·lik
who	sanctified us	with his	commanded us	to kindle
		commandments		

נֵר	שֶׁל	שַׁבָּת.
ner	shel	shabbat
candles	of	shabbat

*Barukh attah Adonai eloheinu melekh ha-olam,
asher kideshanu bemitzvotav ve-tsivanu lehadlik
ner shel shabbat.*

Note: Messianic believers would object that in fact the LORD has not “commanded us to light the candles of Shabbat,” and, since Jesus is the true Light of the world Who alone gives us true rest, generally prefer to recite the Messianic Shabbat candle lighting blessing listed on the Hebrew for Christians site.