

בְּרַכָּה לְהַדְלִיקַת נֵרוֹת שַׁבָּת

On Friday night, we light candles in the house to usher in Shabbat. They symbolize the spiritual light that Shabbat can bring into our lives. They dignify Shabbat, imbue the evening with beauty, represent Shabbat joy and remind us of Judaism's values.

At least two candles should be lit. These represent “*shamor*” [“keep”] and “*zakhor*” [“remember”], the first words of the commandments [in the two Ten Commandments passages in the Torah] concerning Shabbat.

Light the candles and cover your eyes. With your eyes closed, wave your hands around the flames one to seven times, usually three. Inward circular motions symbolize drawing the holiness of Shabbat into your home and life. The number three represents strength and commitment.

Cover your eyes with your hands and say the blessing...

1. בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ

בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

1. Praised are You, Adonai our God, Ruler of the world, who makes us holy with commandments and commands us to light the Sabbath light (candles).

After saying the blessing, you can softly utter prayers for yourself or others.