

IV. PRAYERS

FOR THE PARENTS OF A BAT MITZVAH

You may choose one of the following parent's prayers. Immediately after you recite the parent's prayer your child will join you in reciting the *Shechecheyanu* in Hebrew and in English.

- Choose 1 of the 3 prayers below.
- Choose paragraphs from any of the 3 prayers below to create your own prayer of similar length.
- Compose your own prayer of similar theme and length.

Please consult the Rabbi about your choice.

1. From *Likrat Shabbat*

*"This is the day the Lord has made;
Let us rejoice and celebrate on it."*

On this Shabbat when our daughter becomes a Bat Mitzvah, we have come with her and our loved ones to join in worship and to offer our prayer of thanksgiving.

We are grateful, O God, for the privilege of passing along the gift of life which you gave us, thus sharing with you in the miracle of creation. We are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges which these years have brought us. Praise to You, O Lord, for keeping us alive, for sustaining us, and for enabling us to reach this day.

Bless our daughter, O God; watch over her, protect her, guide her. Help her to continue to grow in body and mind, in soul and character. Keep her loyal to our people and to the teachings of our Torah. May her life be rich and rewarding. May all her deeds bring pride to us, honor to the House of Israel, and glory to Your name. Amen

2. From *Likrat Shabbat*

We thank You, O God, for the joyous fulfillment we feel as our daughter reaches the threshold of womanhood.

How privileged we feel that she is our daughter, and that she is bound to us by bonds of love, of memory, and of hope!

O God, accept our thankfulness for the thirteen years that have come and gone; bless our hope for the years that are yet to be. May Your mercy and guidance accompany this Bat Mitzvah at all times, in a life marked by reverence for Torah and love of all Your children. Amen

3. From *Likrat Shabbat*

We thank you for the joy which is ours today. As you have been with our daughter from birth, so continue to be with her in the life that is before her.

Help her to grow in strength, wisdom, and love. Help her to live a dedicated and worthy life, realizing the capacities with which she is endowed. Through her actions, may she be a blessing to us, her family, her community and the people Israel everywhere. Amen

PRAYER OF THANKSGIVING

From *Likrat Shabbat*

BAT MITZVAH AND HER FAMILY MUST SAY THIS PRAYER IN HEBREW AND IN ENGLISH

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהִתְּיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵן תְּדָה: (אָמֵן)

BARUCH ATAH ADONAI, ELOHAYNU MELECH HA-OLAM, SHE-HECHEE-YANU, VE-KEY-MANU, VE-HE-GEE YANU LAZMAN HAZEH.

Blessed art Thou, O Lord, Our God, King of the Universe who has kept us alive and sustained us and enabled us to reach this happy occasion.

IV. PRAYERS

FOR THE PARENTS OF A BAR MITZVAH

You may choose one of the following parent's prayers. Immediately after you recite the parent's prayer your child will join you in reciting the Shechecheyanu in Hebrew and in English.

- Choose 1 of the 3 prayers below.
- Choose paragraphs from any of the 3 prayers below to create your own prayer of similar length.
- Compose your own prayer of similar theme and length.

Please consult the Rabbi about your choice.

1. From *Likrat Shabbat*

"This is the day the Lord made;

Let us rejoice and celebrate on it."

With gladness and thanksgiving we praise you, O Lord our God, for having kept us alive, and sustained us, and enabled us to reach this day.

We give thanks for the wondrous privilege of seeing our son grow day by day, week by week, year by year./ For the health and strength You have given him, for the mind and spirit with which You endowed him, for his ability to elicit and return love- -for all these precious gifts, we thank you.

Watch over him O God, on this special day and every day. Grant him a growing understanding of the true significance of this occasion and a deepening loyalty to everything which it represents. May the teachings of our heritage guide him throughout life; and may he lead a life worthy of Your blessings. Amen

2. From *Likrat Shabbat*

Lord our God, author of life and source of all blessings, we praise You for keeping us alive, and sustaining us, and enabling us to reach this day.

Gratefully we thank you for the joyous privilege of seeing our son attain this milestone. On this day cherished dreams and hopes are fulfilled. On this day new dreams and new hopes are born.

We pray that Your protecting and loving care will accompany him wherever he goes and in all that he does. Help him become all that he is capable of being. Give him strength to do all the good things that are within his reach. Keep him loyal to the best that he has been shown, and the noblest Jewish teachings he has been taught.

May his deeds find favor in the eyes of his fellow men and be worthy of Your blessings. Amen

3. From Likrat Shabbat

Dear God:

We thank you for the joy which is ours today. As you have been with our son so continue to be with him in the life that is before him.

Help him to grow in strength, wisdom, and love. Help him to live a dedicated and worth life, realizing the capacities with which he is endowed.

Through his actions, may he be a blessing to us, his family, his community, and the people Israel everywhere. Amen

PRAYER OF THANKSGIVING

From Likrat Shabbat

BAR MITZVAH AND HIS FAMILY MUST SAY THIS PRAYER IN HEBREW AND IN ENGLISH

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
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