



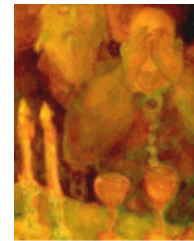
# Light of the world -

## Blessing over the Sabbath Candles

אֲנֹכִי אֹרֵי הָעוֹלָם הַהַלֵךְ אַחֲרַי לֹא יֵלֵךְ בַּחֹשֶׁךְ כִּי־לוֹ אֹרֵי הַחַיִּים:

*I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life. - Jesus*

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:



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִיּוֹת אֹרֶךְ  
לְגוֹיִם וְנָתַן־לָנוּ אֶת יֵשׁוּעַ מְשִׁיחֵנוּ אֹרֵי הָעוֹלָם.

*Blessed are You, LORD our God, King of the universe,  
Who sanctified us with his commandments, and commanded us to be a light  
to the nations and Who gave to us Jesus our Messiah the Light of the world.*

*Barukh attah Adonai Eloheinu melekh ha-olam,  
asher kideshanu bemitzvotav ve-tsivanu lehiyot or  
la-goyim v'natan-lanu et Yeshua Meshicheinu or ha-olam.*

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.



Transliteration:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha' o'lam me lekh e lo' he y nu Adonai at tah ba rukh  
the universe king (of) our God Lord are you Blessed

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִיּוֹת אֹר

or le hiyot v' tsivanu be mits vo tav kid de sha nu a sher  
a light to be and with his sanctified us who  
commanded us commandments

לְגוֹיִם וְנָתַן לָנוּ אֶת יֵשׁוּעַ מְשִׁיחֵנוּ אֹר הָעוֹלָם.

ha olam or meshicheinu yeshua et v'natan lanu la goyim  
the light of the world our Messiah Jesus ( ) and gave to us to the nations

*Barukh attah Adonai Eloheinu melekh ha-olam,  
asher kideshanu bemitzvotav ve-tsvivanu lehiyot or  
la-goyim v'natan-lanu et Yeshua Meshicheinu or ha-olam.*

