Light of the world -
Blessing over the Sabbath Candles

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:

ברוך אתה יוהו נשוא כל התורה ושלום.
אשר קדשך במצוותיו ונתן לך השבת אושר.
לפיון הנידרלים אתה מצית המשיחאיה אור התורה.

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.
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Transliteration:

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