

Baruch Eloheynu she-a-chal-nu mee-she-lo  
uv-tu-vo cha-yee-nu.

Bless our G-d whose food we have eaten and  
by whose goodness we live.

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ

Baruch hu u'varuch sh'mo

Bless Him and bless His name.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch atah Adonai Eloheynu melech ha-olam.

הֶזֵן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ

Ha-zan et ha-olam ku-lo b'tu-vo

בֵּחֵן בְּחֶסֶד וּבְרַחֲמִים

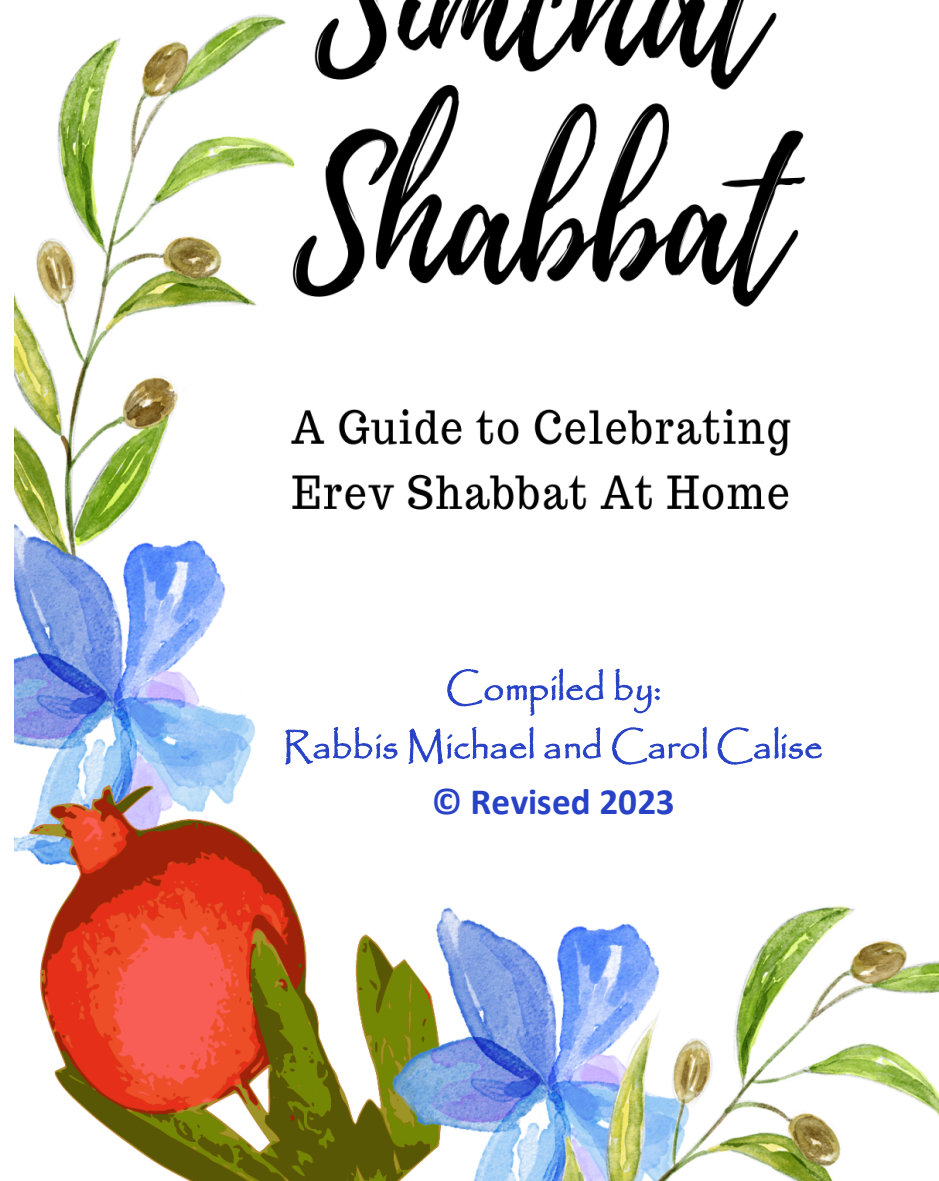
b'chen b'chesed uv-ra-chameem

Blessed is Adonai our God, Sovereign of the universe, who sustains the entire world with goodness, kindness and mercy. God gives food to all creatures, for God's mercy is everlasting. With abundant goodness we have never lacked, and may we never lack sustenance forever in God's great name. God sustains all, does good to all, and provides food for all the creatures created.

# Simchat Shabbat

A Guide to Celebrating  
Erev Shabbat At Home

Compiled by:  
Rabbis Michael and Carol Calise  
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*We pray that this guide will enrich your observance of Shabbat. May you come to experience all the goodness and promises of Adonai related to keeping the Shabbat. May joy resound in your house as you purpose to "Keep the Shabbat holy unto Adonai." ~ Rabbis Carol and Michael Calise*

Commandments. The blessing reminds us that all we have comes from G-d. He is the source of our provision. He provides our daily bread and meets every other need we have. The motzi is the blessing that is said right before the Shabbat meal.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם,

Baruch atah Adonai Eloheynu melech ha-olam,

הַמוֹצִי לֶחֶם מִן הָאָרֶץ.

ha-Mo-tzee le-chem meen ha-aretz.

Blessed are You Adonai, our G-d, King of the Universe who brings forth bread from the earth.

## THE MEAL

### BIRCHAT HAMAZON

Blessing After the Meal

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ שֶׁאַכֵּלְנוּ מִשְּׁלֹ  
וּבְטוֹבוֹ חַיֵּינוּ.

How the despised and outcast found love and release from their sin!

Despised and rejected, acquainted with grief, He bore the sins of Israel.

All we like sheep have gone astray, turned every one to his own way.

Our iniquities were laid upon the King, the sins of the world, His burden to bear.

He rose from the dead and opened the way to life everlasting, praise His name.

We are in Him, His Spirit empowers; new life is ours with joy and peace.

Blessed are You, O L-rd, our G-d, who has given Messiah Yeshua our King.

## HAMOTZEE

### Blessing Over the Bread

Usually there are two loaves of challah, braided egg bread. Some say they represent the double portion of manna the children of Israel received on Friday so they would not have to gather any on Shabbat. Another interpretation is that they represent the two tablets of the Ten

Simchat Shabbat - Joy of Sabbath. G-d has given us the Sabbath day as a day of rest and blessing for us. It is a delight and a joy to be able to celebrate this holiday each week. Shabbat is a holy day. It is the first thing Adonai declares to be holy. We are told to remember it and to observe it.

One rabbi said, "In a way, Shabbat is like being in love. You can talk about love for the rest of your life, but if you have never experienced it, you will never understand it. Once you have been in love though, no further discussion is necessary.

Shabbat is a bond of love between ourselves and G-d. To understand it, you must experience it."

"If the Children of Israel would observe one Shabbat properly, the Mashiah would immediately come" (Yerushalmi Taanit 1,1)

As Messianic believers we understand that it is through Messiah Yeshua that we can truly enter the Sabbath rest. Because of His atoning work, our sins are forgiven and we can walk in true peace and rest. Anxiety, fear, and worries need not dominate

our spirits. In Messiah we have been blessed with freedom, love, and peace. The joy of Shabbat can truly be experienced through the Messiah. Enter into His rest. He declares, "My yoke is easy and my burden is light." He bids us to come to Him and find true rest.

## LIK RAT SHAB BAT

### Preparing for the Sabbath

Keeping Shabbat is a spiritual matter. We need to pray against Satan who would keep us from this celebration. Meditate on the promises of G-d concerning Shabbat during the week. In Yeshayahu (Isaiah) 58.13-14 Adonai declares, "If you keep your feet from breaking the Shabbat and from doing as you please on my holy day, if you call the Shabbat a delight and the L-rd's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the L-rd, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Yakov."

מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Eloheynu

Melech Ha-olam

אֲשֶׁר נָתַן לָנוּ אֶת דְּרֹךְ

Asher natan lanu de-rech

הַיְשׁוּעַ בְּמָשִׁיחַ יֵשׁוּעַ, אֲמֵן

Ha-Yeshua b'mashiach Yeshua, amen.

Blessed Are You, L-rd our G-d, King of the Universe Who gave us the way of salvation through Messiah Yeshua. Amen.

## The Messiah Yeshua

Blessed are You, O L-rd, who has given us the way of salvation in Messiah Yeshua.

He walked among us filled with Your Spirit, the only one who ever fulfilled Your Torah.

He healed the sick and raised the dead. The multitudes of our people sought His touch.

He taught as no man taught. With authority, He brought forth the treasures of the Torah.

How the children sought Him, the lepers He touched and made clean!

seventh day and made it holy, because on it He rested from all His works, which G-d created .

Blessed are You, Adonai our G-d, King of the Universe, who creates the fruit of the vine. Blessed are you Adonai our G-d, King of the Universe, who sanctified us with His commandments and delighted in us. He gave us His holy Shabbat in love and favor as a reminder of the creation at the beginning,. It is a day of praise called holy as a reminder of the departure out of Egypt because He chose us and sanctified us from all the nations. You gave us Your Holy Shabbat in love and favor. Blessed are You, Adonai, who makes holy the Shabbat.

## THE BLESSING OF MESSIAH

As Messianic Believers we are grateful for eternal life which has been given to us through the Messiah. We have received atonement for our sins through the blood of the Yeshua. This blessing expresses our thankfulness for this gift.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

On Thursday evening we set the Shabbat table with a nice white table cloth, at least two candles, and the challah plate for the challah so that when we arise on Friday morning our focus is already on that evening's celebration.

## V'SHAMRU Shemot (Exodus) 31.16-17

The V'Shamru gives us the biblical reasons for celebrating Shabbat.

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת  
V'Shamru v'ney Yis-rael et Hashabbat

לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם  
בְּרִית עוֹלָם:  
La-a-sot et Ha-Shabbat l'do-ro-tam b'reet o-lam

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אֹת הוּא לְעָלָם  
Bey-nee u-veyn b'ney Yisrael ot hee l'o-lam

כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה  
Kee Sheshet Yameem asah Adonai

אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ  
et Hashamyaim v'et ha-a-retz

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ:  
u'va-yom hash'vee-ee sha-vat va-yee-na-fash

“And the children of Israel will keep the Shabbat to make it a Shabbat for their generations as an everlasting covenant. It is a sign between me and between the children of Israel forever. Because on six days Adonai made the heavens and the earth and on the seventh day He rested and was refreshed.”

## ACKNOWLEDGING

## G-D'S GREATNESS

Deserving of praise are You, O Lord our G-d, Ruler of the Universe, who forms light and creates darkness, who makes peace and creates all things. In mercy you bring light to the earth and those who live on it and in your goodness renew each day the

zee-ka-ron l'ma-a-seh v're-sheet  
kee hu yom t'chee-lah

לְמִקְרָאֵי קֹדֶשׁ, זֵכֶר לְיִצְיָאֵת  
מִצָּרִים,

l'meek-ra-ey kodesh, zecher lee-tzeee-at mitrayim

כִּי בָנוּ בַּחֲרַת וְאוֹתָנוּ

קִדְשָׁתָּ מִכָּל הָעַמִּים

Kee Va-nu Va-char-tah Vi-o-sah-nu Kee-dash-  
tah Mee-kawl Ha-ah-mim

שְׁבִיט קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן  
הִנַּחֲלָתָנוּ.

v'shabbat kad-sh'cha b'a-ha-vah

uv'ratzon heen-chal-tanu

בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשְּׁבִיט.

Baruch atah Adonai m'kadesh haShabbat.

Day Six. And He finished the heavens and the earth and all their hosts. G-d finished on the seventh day His work which He had done, and He rested on the seventh day from all His work which He had done. And G-d blessed the

כִּי בּוֹ שָׁבַת מְכָל מַלְאכָתוֹ,

Kee bo shavat mee-kol m'lachto

אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

Asher bara Elohim la-a-sot

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

הָעוֹלָם, בּוֹרָא פְּרִי הַגֶּפֶן.

Baruch atah Adonai Eloheynu Melech

Ha-Olam bore p'ree ha-gafen

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם,

Baruch atah Adonai Eloheynu melech haolam

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

asher keed-sha-nu b'mitz-vo-tav v'ra-tzah vanu

וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה

וּבְרָצוֹן הִנְחִילָנוּ

v'sha-bat kad-sho b'a-ha-vah uv'raton

heen-chee-la-nu

זָכְרוֹן לְמַעֲשֵׂה בְּרָאשִׁית,

כִּי הוּא יוֹם תְּחִלָּה

miracle of creation. How great are your works, O L-rd; in wisdom You made them all, the earth overflows with Your handiwork. O King, You alone have been exalted of old, and You will be praised and magnified forever. O ever living G-d, in Your abundant mercy have compassion on us. O L-rd of our strength. Sheltering rock, shield of our salvation, You are a refuge to us.

O G-d, blessed and great in knowledge, You have designed and created the radiance of the sun. You, O Gracious One, have brought glory to Your name; You ordered the celestial bodies by Your strength. All your hosts in heaven continually proclaim Your praise and Your holiness, O Almighty. May You be praised, O L-rd our G-d, for the magnificence of Your handiwork and for the great galaxies You made, all will glorify You.

To the blessed G-d we sing sweet songs; to the Ruler, the living and ever faithful G-d, we sing hymns and declare our praises; for You alone work mighty deeds and make new things. You are

the L-rd who conquers evil, sowing righteousness and reaping salvation. You heal for You are the L-rd of wonders and revered in praises. In Your goodness You renew the creation continually, as it is said in the Psalm: "Give thanks to Him that made great lights, for His faithful love endures forever." O cause a new light to shine on Zion, and may we be worthy to enjoy its splendor. Deserving of praise are You, O L-rd, Creator of Lights.

## LECHU NERANENA

Tehillim (Psalm) 95.1-2

Sometime during the 17th century six psalms were chosen to open the Shabbat. They were Psalms 95-99 and Psalm 29. The theme of these psalms is joy and exalting G-d. By reflecting on these psalms it helps us let go of the burdens of the week and to give ourselves to celebrating Shabbat and experiencing G-d.

vgh|r<sup>2</sup>b v<sup>2</sup>u«vhk v<sup>2</sup>b±B©r±b

Ufk

:Ubg§J°h rUmk

work seven days. Now we can choose to rest on Shabbat and set it aside to Adonai. The initials of the first four Hebrew words of the Kiddush form the personal name of G-d.

יום השששי. ויכלו השמים

והארץ וכל צבאם.

Yom HaShee-shee Va-y'chu-lu ha-shamayim  
v'ha-aretz v'chol tz'va-am

ויכל אלהים ביום השביעי

מלאכתו אשר עשה,

Va'y'chal Elohim ba-yom ha-shvee-ee  
m'lach-to asher asah

וישבת ביום השביעי, מכל

מלאכתו אשר עשה.

Va-yeesh-bot ba-yom ha-shvee-ee, mee-kol  
m'lach-to asher asah

ויברך אלהים את יום השביעי

ויקדש אתו,

Va-y-varech Elohim et yom ha-shvee-ee  
va-y'ka-desh o-to



This is an opportunity for the children to honor their parents with a simple blessing.

הַרְחֵמֵן הוּא יְבָרֶךְ אֶת אָבִי

h | r | n h | b | e | l | ha-bayeeet hazeh

Ha-ra-cha-man, Hu y'varech et a-vee

mo-ree ba-al ha-bayeet hazeh

וְאֶת אִמִּי מוֹרֵתִי בְּעֵלַת הַבַּיִת הַזֶּה

v'et ee-mee mo-ra-tee ba-a-lat ha-bayeet hazeh.

The Compassionate One, may He bless my father, my teacher, the man of the home , and my mother my teacher, the woman of the home.

## EREV SHABBAT KIDDUSH

The Kiddush has been recited for over 2,000 years. It is recited both at home and at the end of the Erev Shabbat service in the synagogue. The Kiddush serves to remind us again of the two reasons given in the Torah for observing Shabbat. First, because G-d rested on this day. The second reason was that we were brought out of slavery in Egypt. As slaves we had no choice. We had to

Lechu Neranenah la-shem. Na-ree-ah

L'tzur yee-she-nu.

v"sl,C uh²bp v"n§S@e±b

:lkgh | r²b ,lr | n±zC

N'kad-mah fanav b'todah beez-mee-roat

na-ree-ah lo.

Come, let's sing to Adonai! Let's shout for joy to the Rock of our salvation! Let's come into his presence with thanksgiving; let's shout for joy to him with songs of praise. For Adonai is a great G-d, a great king greater than all gods. He holds the depths of the earth in his hands; the mountain peaks too belong to him. The sea is his - he made it - and his hands shaped the dry land. Come, let's bow down and worship; let's kneel before Adonai who made us. For he is our G-d, and we are the people in his pasture, the sheep in his care

## TZEDAKAH

Before the lighting of the nerot, some families like to put money into a tzedakah box.

ubh¥vOjt ²h±h v¨,©t QUrC  
 'oklg¨v Qkæñ  
 uh¨,Im|nC Ub¨J§s|e ræJ£t  
 /v¨e¨sm kg Ub²Um±u

Baruch Atah Adonai Eloheynu melech ha-olam  
 asher keed-sha-nu b'meetz-vo-tav v'tzee-va-nu al  
 tze-da-kah.

Blessed are You, L-rd our G-d, King of the  
 Universe who sanctified us with your  
 commandments and commanded us concerning  
 charity.

## NEROT

Two candles are normally lit. They represent the  
 two commandments to keep Shabbat - *Zachor*  
 (Remember) and *Shamor* (Observe) the  
 Sabbath [Shemot (Exodus) 20.8; Devarim -  
 (Deuteronomy) 5.12]. Some families add one  
 candle for each child. Others light seven candles,

Yee-seem-cha Elohim k'ef-ra-yeem v'chee-  
 m'na'seh.

May G-d make you like Ephraim and Menasseh

Over the daughters:

ישמך אלהים בשרה, רבקה,  
 רחל, ולאה

Y'see-mech Elohim k'Sarah,  
 Reev-kah, Ra-chel, u'Leah

May G-d make you like Sarah, Rebecca, Rachel  
 and Leah.

A Messianic Blessing to recite over your chil-  
 dren:: May you grow in favor with G-d and with  
 man. May you continue to grow in the likeness of  
 your Messiah Yeshua. May G-d remove fear  
 from you. May Adonai fill you with His peace  
 and Ruach. May Adonai keep the evil one far  
 from you and guide you into paths of  
 righteousness. In Yeshua's name. Amen.

HARACHAMAN  
 Blessing Over the Parents

A personal Messianic blessing such as follows can also be said: Adonai, I thank you for my husband. I bless him as the priest of our home. May You continue to give him wisdom and understanding as he delights himself in You. May You encourage him as he pursues You. Help him to stand against the tactics of Satan and to provide protection for our family. May he know that I am committed to both You and him. In the name of Yeshua the Messiah.

## BIRKAT BANIM

### Blessing Over the Children

There is such power in the father's blessing. It gives security and assurance of love and acceptance long before a child can fully understand the meaning of the blessing. There is the power of life and death in our tongue. We need to speak life over our children. This blessing is one way we can do this each week.

Over the sons:

יְשׁוּעָה אֱלֹהִים בְּאַפְרַיִם וּבְמִנְשֶׁה

one for each day of the week or for the seven branch menorah of the Temple.

One reason given for the lighting the Shabbat candles is that they officially begin the Shabbat just as the words, "Let there be light" began the creation of the world. As Messianic believers we know that Yeshua declared He is the light of the world. As we light the candles we reflect on this truth. He brings light into our lives and dispels the darkness.

Qkxn Ubh¥vOjt vuvh v",@t  
QUrC

Q\$rc\$sc Ub"J\$§|e rǎJ£t oklg©v  
oh°hldk rlt ,lh|vk Ub²um±u  
jh|J"n©v gUJ~h Ubk-i,²b±u  
©oklg©v rlt

Baruch Atah Adonai Eloheynu melech Ha-Olam asher  
keed-sha-nu beed-var-cha v'tzee-vanu l'hee-ot or  
l'goyeem v'natan lanu Yeshua HaMashiach or haolam.

Blessed are you, L-rd our G-d, king of the Universe,

who sanctifies us by Your word and commands us  
to be a light unto the nations and has given us  
Yeshua the Messiah, light of the world.

## ESHET CHAYIL

Mishlei (Proverbs) 31.10-31

It is time to honor the women. This poem is done  
in acrostic fashion using the letters of the Hebrew  
alphabet. According to a midrash this poem was  
originally composed by Abraham for Sarah.  
After reciting this passage of Scriptures, the  
men present could take time to say something  
specific they are thankful for about their wives.

אִשֶּׁת חַיִּיל מִי יִמְצָא:

וְרָחֹק מִפְּנֵי נִים מְכָרָה:

Eshet Chayil mee Yimtzah v'ra-chok mee.p'nee-  
neem meech-rah.

בָּטַח בָּהּ לֵב בַּעֲלָהּ

וְשָׁלַל לֹא יַחְסֹר:

Batach bah lev ba-lah v'sha-lal lo yech-sar.

Pee-zar natan la-ev-yo-neem tzeed-ka-to  
o-me-det la-ad karno ta-rum b'cha-vod.

רָשָׁע יִרְאֶה אֶל וְכַעַס שְׁנָיו יִחְלֹק וְנָמַס

תַּאֲוֹת רָשָׁעִים תֵּאָבֵד:

Ra-sha yeer-eh v'cha-as shee-nav ya-cha-rok  
v'na-mas ta-a-vat r'sha-eem to-ved.

Hallelujah. Happy is the man that fears the L-rd. He  
delights greatly in His commandments. His children  
will be great in the land. The generation of the upright  
will be blessed. Wealth and riches are in his house and  
his righteousness stands forever. He is a light that  
shines in the darkness for the upright. He is gracious,  
compassionate and righteous. A good man showing  
favor and lending. He guides his affairs with  
discretion. He shall not be moved forever, to be  
remembered always as a righteous man. He will not be  
afraid of evil reports. His heart is steadfast trusting in  
Adonai. His heart is firm. He is not afraid until his  
enemies are destroyed. He has dispersed, he has  
given to the poor. His righteousness stands forever.  
His horn will be exalted in honor.

v'rachum v'tza-deek.

טוב איש חונן ומלוה כלכל

דבריו במשפט:

Tov eesh cho\*nen u-ma-le-veh y'cha'kel

d'va-rav b'meesh-pat.

כי לעולם לא ימוט

לזכר עולם יהיה צדיק:

Kee l'olam lo yeemot l' ze-cher

olam yee-yeh tza-deek.

משמועה רעה לא יירא

נכון לבו בטח ביהוה:

Meesh-mu-ah ra-ah lo yeer-a

na-chon lee-bo ba-tu-ach ba-Adonai

סמוך לבו לא יירא

עד אשר יראה בצריו:

Samuch leebo lo yeera ad asher yeer-eh v'tza-rav.

פיזר נתן לאביונים צדקתו עמדת

לעד קרנו תרום בכבוד:

גמלתהו טוב ולא רע

כל ימי חייה:

G'ma-lat-hu tov v'lo-ra kol y'may chai-ye-ha.

דרשה צמר ופשתים ותעש

בחיץ כפיה:

Dar-shah tze-mer u-feesh-teem va-ta-as

b'che'fetz

ka-pe-ha.

היתה באניות סוחר ממרחק

תביא לחמה:

Hie-tah ka-o-nee-yeat so-cher mee-mer-chak

ta-vee lach-mah.

ותקם א בעוד לילה ותתן טרף

לביתה וחק לנערותיה:

Va-ta-kam b'od lie-lah va-tee-ten te-ref l-vay-tah

v'chok l'na-a-ro-te-ha.

זממה שדה ותקחה מפרי כפיה

נטע [נטעה] כרם:

Zam-mah sa-deh va-tee-ka-che-hu mee-p'ree cha-

peha nat-ah ka-rem.

חַגְרָה בְּעוֹז מְתִנִּיהַ  
וּתְאַמֵּץ זְרוּעֶתֶיהָ:

Chag-rah v'oz mat-ne-ha va't'a-metz z'ro-o-te-ha

טַעֲמָה כִּי־טוֹב סַחְרָה לֹא־יִכָּבֶה בַּלִּיל  
[בַּלִּילָה] נֵרָה:

Ta-a-mah kee tov sach-rah lo-yeech-beh va-lie-lah ne-rah.

יָדֶיהָ שְׁלָחָה בְּכִישׁוֹר  
וְכַפֵּיהָ תִּמְכּוּ פָלֶךְ:

Ya-de-ha shil-cha va-kee-shor v'cha-pe-ha  
tam-chu fa-lech.

כַּפָּה פָּרְשָׁה לְעֵנִי וַיָּדִיהָ  
שְׁלָחָה לְאַבְיוֹן:

Ka-fah par-shah le-on-nee vee-ya-de-ha

לֹא־תִירָא לְבֵיתָהּ מִשְׁלֵג כִּי כָל־בֵּיתָהּ  
לְבֹשׁ שָׁנִים:

Lo-Tee-rah l'vey-tah Mee-sha-leg kee chol bey-tah  
la-vush sha-neem

years ago. It is important in our society which does all it can to undermine the man as the head and priest of the home, that we honor our men. This poem is also done in an acrostic fashion using the Hebrew alefbet.

אֲשֶׁר־אִישׁ יֵרָא אֶת־יְהוָה

בְּמִצּוֹתָיו חֲפֵץ מְאֹד:

Ash-ray eesh ya-re et Adonai.

B'meeztvotav chafets m'od.

גְּבוֹר בְּאֶרֶץ יְהוּדָה זָרְעוּ

דֹּר יִשְׁרָיִם יְבָרֵךְ:

Gee-bor ba-aretz yee-yeh zar-o

Dor y'shareem y'vo-rach.

הוֹן־וְעֹשֶׁר בְּבֵיתוֹ וְצִדְקָתוֹ עֹמֶדֶת

לְעַד:

Hon va-osher b'bey-to v'tzeed-ka-to

o-med-et la-ad

זָרַח בַּחֲשֶׁךְ אֹר לִישְׁרָיִם חַנוּן

וְרַחוּם וְצַדִּיק:

Za-rach ba-choshek or la-y'shareem chanun

opens her mouth with wisdom, and the teaching of kindness is on her tongue. She watches the conduct of her household and does not eat the bread of idleness. Her children rise and acclaim her, her husband praises her: Many daughters have done worthily, but you surpass them all. Charm is deceptive and beauty is naught; a God-fearing woman is the one to be praised. Give her praise for her accomplishments, and let her deeds laud her at the gates.

A Messianic blessing such as follows can also be said: Lord, I thank you for giving this woman to me. May Your blessing rest upon her. May Your peace and joy be abundant in her life. May all fear, doubt, and unbelief be removed from her spirit. I ask You to continue to speak to her each day. Guide her and show her the steps she is to take. Keep the evil one from her. May she understand I will guard and protect her. May she know that I am committed both to You and to her. In the name of Yeshua the Messiah.

## HONORING THE MEN

Tehillim (Psalm 112)

This prayer over the husbands was added about 500

מְרַבִּדִּים עֲשֵׂתָהּ לָהּ שֵׁשׁ וְאַרְגָּמָן  
לְבוּשָׁה:

mar-va-deem as-tah-lah shesh v'ar-ga-man  
l'vu-shah

נוֹדַע בְּשַׁעְרִים בַּעֲלָהּ בְּשִׁבְתָּהּ  
עִם זִקְנֵי אֶרֶץ:

No-dah bash-a-reem ba-lah b'sheev-to  
eem zeek-ney ar-etz

סָדִין עֲשֵׂתָהּ וְתִמְכֹּר  
וְחִגּוֹר נָתַתָּה לְכַנְעָנִי:

Sa-deen as-tah va'teem.kor va-cha-got nat-nah  
lak-na-a-nee

עוֹז וְהָדָר לְבוּשָׁה וְתִשְׁחַק  
לְיוֹם אַחֲרוֹן:

oz v'ha-dar l'vu-shah va-teesh-chak  
l'yom a-cha-ron

פִּיהָ פִּתְחָהּ בְּחָכְמָה וְתוֹרַת חֵסֶד  
עַל-לְשׁוֹנָה:

Pee-ha pat-chah v'chach'mah

v'torat-chesed al-l'sho-nah

צוֹפִיָּה הַיִּלְכוֹת בֵּיתָהּ וְלֶחֶם

עֲצָלוֹת לֹא תֹאכֵל:

Tzofee-yah ha-lee-chot bey-tah v'lechem  
atz-lut lo to-chel

קָמוּ בָנֶיהָ וַיֹּאשְׁרוּהָ בַּעֲלָהּ

וַיְהַלְלָהּ:

Ka-mu va-ne-ha va'y'ash-ru-ha- ba-lah va-y'hal-lah

רַבּוֹת בָּנוֹת עָשׂוּ חֵיִל וְאֵת עָלִית

עַל־כָּלָנָהּ:

Ra-bot banot asu chayil v'at a-leet al culanah

שָׁקָר הַחַן וְהַבֶּל הַיִּפִּי אִשָּׁה

וַיֵּרָאֵת יְהוָה הִיא תִתְהַלֵּל:

Sheker ha-chen v'he'vel ha-yo-fee ee-shah yeer-  
at-Adonai hee teet-ha-lal

תְּנוּ־לָהּ מִפָּרִי יָדֶיהָ וַיְהַלְלוּהָ

בְּשִׁעָרִים מַעֲשִׂיהָ:

T'nu lah mee-p'ree ya-de-hah vee-hal-lu-ha  
vash-a-reem ma-ah-se-ha

Who can find a wife of excellence? Her value far exceeds that of gems. The heart of her husband trusts in her, he lacks no gain. She treats him with goodness, never with evil, all the days of her life. She seeks out wool and flax, and works willingly with her hands. She is like the merchant ships; she brings her food from afar. She rises while it is still night, gives food to her household, and sets out the tasks for her maids. She considers a field and buys it; from her earnings; she plants a vineyard. She girds her loins with strength, and flexes her arms. She realizes that her enterprise is profitable; her lamp does not go out at night. She puts her hands on the spindle, and her palms grasp the distaff. She holds out her hand to the poor, and extends her hands to the destitute. She does not fear for her household in the frost, for her entire household is clothed [warmly] in scarlet. She makes her own tapestries; her garments are of fine linen and purple. Her husband is well-known at the gates, as he sits with the elders of the land. She makes linens and sells [them]; she provides the merchants with girdles. Strength and dignity are her garb; she looks smilingly toward the future. She