



## BLESSINGS AND PRAYERS: A TWO PART LESSON PLAN

Submitted by: TALIA RUBIN

Subject Area: Jewish Living and Identity

Target Age Group: 2<sup>nd</sup>-3<sup>rd</sup> Grade

Lesson Objective: This lesson is meant introduce the concepts of Blessings and Prayers to young students. They need to know very little about the concepts to be able to participate successfully in this lesson. It's both hands on, and verbal, so that it appeals to different learning styles.

### **LESSON 1: Blessings and Prayers Part 1**

#### **Discussion on the Background Prayers:**

- What are some blessings that you're familiar with? That you recite at school or home? Bread, Wine, Candles, ect.
- There are many blessings in Jewish tradition to help us remember the goodness of God and to practice our gratitude before Him. Some of these are spontaneously uttered praises to God for evidence of His daily care; some of these are special words said on special occasions.
- Hand out Blessings compilation
- There are many blessings in Jewish tradition to help us remember the goodness of God and to practice our gratitude before Him. Some of these are spontaneously uttered praises to God for evidence of His daily care; some of these are special words said on special occasions.

**ACTIVITY:** Have students cut out blessings, and paste onto construction paper. Ask them to draw what they think each of these special blessings mean to them. This will start the beginning of our "B'racha Book"

- When you see a rainbow:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha'olam me lekh elohei nu Adonai atah barukh  
the universe King of our God LORD are You Blessed

זֹכֵר הַבְּרִית, וְנֶאֱמָן בְּבְרִיתוֹ, וְקִים בְּמֵאֲמָרוֹ.

be ma a ma ro ve kai yam biv ri to ve ne e man ha be rit zo kher  
His word and who to His and is the covenant who  
keeps covenant faithful remembers



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- Seeing a place where a personal miracle occurred or when returning to a place where you escaped danger:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha'olam me-lekh e-lo-hei-nu Adonai at-tah barukh  
the universe King of our God LORD are You Blessed

שִׁעָשָׂה לִי נִס בַּמָּקוֹם הַזֶּה.

hazeh bamakom neis li she-'asah  
in this place a miracle Who did for me

- When you hear thunder:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha'olam me-lekh e-lo-hei-nu Adonai at-tah barukh  
the universe King of our God LORD are You Blessed

שִׁפְחוּ וּגְבוּרָתוֹ מְלֵא עוֹלָם

o-lam ma-lei u-ge-vura-to she-ko-cho  
the world fill and power whose strength

- When you want to praise God for the works of His creation (Ex- seeing lightning, a shooting star, or a comet, or when first seeing a mountain, a river, an ocean or other natural wonder):

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha'olam me-lekh e-lo-hei-nu Adonai at-tah barukh  
the universe King of our God LORD are You Blessed

עֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית

ve-rei-sheet ma'aseh o-seh  
who makes the works of creation.

**Workbook** Complete approximately 5 pages

**Quiz Bowl Review Game** (directions at the end)



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### **LESSON 2: Blessings and Prayers Part 2**

#### **Discussion on Blessings and Prayers:**

Review blessings for Shabbat (Bread, Wine, Candles, ect.)

Do you know any prayers that we say on a daily basis?

Hand out Shabbat Blessings and Daily Blessings

Jewish tradition requires that we personally bless the LORD for each detail of our daily experience. Such a requirement -- if not practiced legalistically -- surely points to a deep inward appreciation for the good things God personally provides for us throughout each day.

**ACTIVITY:** Continue “B’racha Book”

- The blessing upon arising, expresses gratitude to God for the gift of a new day of life:

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,

vekaiyam chai melekh l'fane ykha 'ani modeh  
and eternal living king before you I thank

שְׁהַחֲזַרְתָּ בִּי נְשָׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

'emunatekha rabbah bechamlah nish ma ti bi she he che zarta  
your faithfulness great (is) in compassion my soul in me for you returned

- The Shema, one of the ventral prayers in the Jewish prayerbook, many cover their eyes with their right hand while saying it (this helps to stay focused), and some recite the Shema twice daily (morning and evening)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

*Hear O Israel, the Lord our God, the Lord is one*

- Bedtime Blessing, When going to bed for the day, it is good to give thanks to the LORD who sustained you and gave you another day of life



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ברוך אתה יי אלהינו מֶלֶךְ הָעוֹלָם, בּוֹרֵא יוֹם  
 yom borei ha'olam me-lekh e-lo-hey-nu Adonai at-tah ba-rukh  
 day who created King of the universe our God LORD You Blessed

וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי-חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי-אוֹר.  
 mip-pe-nei-or ve-cho-shekh mip-pe-nei-cho-shekh 'or go-lei va-lai-lah  
 from before the and darkness from before the light who rolls and night  
 light darkness darkness away

ברוך אתה יי המְעֲרִיב עֶרְבִים.  
 ara-vim ham-me-a-riv Adonai at-tah ba-rukh  
 the One who creates evening twilight LORD You Blessed

- Upon Bathing/Hand washing, some of the Jewish sages have said that, immediately after arising, you should wash your, the morning ritual of washing oneself is sanctified by the *netilat yadayim*

ברוך אתה יהוה אלהינו מֶלֶךְ הָעוֹלָם,  
 ha'olam me-lekh 'e-lo-hey-nu 'Adonai 'at-tah ba-rukh  
 the universe king (of) our God Lord are you Blessed

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.  
 ya-dai-yim ne-tilat 'al ve-tsi-va nu be-mits-vo-tav kid-de-sha nu 'a-she-  
 hands washing and commanded us with his sanctified us who  
 about commandments

**Workbook** Complete approximately 5 pages

**Quiz Bowl Review Game** (directions at the end)

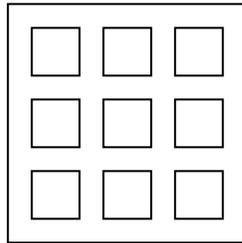


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### **SUPPLIES for Both Lessons:**

- Glue
- Scissors
- Constructions Paper
- Copies of the blessings handout for each student
- Workbook: “Shalom Alef Bet- A Pre-Primer for Shalom Uvrachah” by Pearl Tarnor
- Quiz Bowl Review Game:
  - Directions: Take a large piece of paper or foam core and make 9 pockets in it (laid out in a similar fashion to “Tick-tack-toe”) Place a piece of one of the two sides of Velcro on each pocket. This board will be reused every time the review game is played. Next, for each class, make nine note cards pertaining to the material taught that day, and place them face-down in the pockets. Cut out 4 X’s and 4 O’s, then place the remaining side of the Velcro on the backside of each to secure to the pieces on the game board as they are won (these pieces will also be reused during each game). The class should be divided into 2 teams, and the first team to get tick-tack-toe with the correct answers wins!



### **A Strangely Interesting, Yet Helpful Source:**

<http://www.hebrew4christians.com/Blessings/blessings.html>