



B. MITZVAH PARENT'S PRAYERS

The Parent's prayer is an opportunity to address your child with a personal prayer at the beginning of the B. Mitzvah ceremony. The purpose of the Parent's Prayer is to briefly communicate with your child your Jewish hopes and dreams and the significance of this day.

Please find below several examples of Parent's Prayers that you may use as is or edit. You can also write your own. If you choose to write your own, please limit the prayer to no more than 150 words.

1. (Insert Child's name), you have brought great joy to our lives. We give thanks for the privilege of seeing you grow day-by-day and year-by-year. You are growing up to be an incredible young person. You are intelligent and compassionate. You have a strong sense of right and wrong and the courage to stand up for your beliefs.

You are very creative and we hope you will continue to be an independent thinker. Remember that when someone comes up with an idea that others think is impossible, they may be on to something really important. We hope that you find something you are passionate about, follow your own path, and use your talents to do something remarkable that will make a difference.

Remember to live each day to the fullest. Get the most from each day of your life - then you can look forward with confidence and look back without regrets. Time is a non-renewable resource. Take time to appreciate the moment, to find peace and faith within you.

Continue to use your great sense of humor to keep things in perspective. Look for something good in each day and each person. Remember to laugh and enjoy life.

May you grow to be strong in body and mind, to love what is good and true, and may you never forget how much we love you.

2. (Insert Name), we are very proud of the person that you are becoming. On this, your Bat/Bar/B'nei Mitzvah day, we have special hopes for you:

We hope that you always remember that you are part of a wonderful heritage that has been passed down from generation to generation for thousands of years. You are connected to the Jewish people, to God and to Torah. You need the Jewish community, and the Jewish community needs you.

We hope that you will continue to learn and mature. You will find that the world is not always a fair place but do what you can to make it better. Do not let others sway you from what you know to be right and just. Always believe in your own abilities. Remember you are a unique individual. The most important thing is to be the best that you can be.

We hope that you always know that no matter what problems you face you will always have the help, the support and the love of your parents. You have brought more joy and happiness me/us than you will ever know, just in being yourself and giving us the pleasure of watching you blossom into the beautiful young lady/man who stands before us today.



3. Dear God, There are no words for the depth of my/our love for this child. Please bless this beautiful young person and surround her/him/them always. I pray for his/her/their protection. May she/he/they be protected from the darkness of our times. May she/he/they have the strength to remember that those who have gone...have not gone far. May she/he/they always see you at the center of her life. May her/his/their heart grow strong to love and serve You. Show me to love most patiently, to be there for her/him/them most fully, to understand profoundly who she/he/they is and what she/he/they needs. May the spirit of this family be a blessing unto her/he/them now and forever. May she/he/they continue to learn values and principles of love and righteousness. May she/he/they learn from me kindness. May she/he/they learn from me strength. May she/he/they live most fully and love most deeply. That is my wish. That is our/my prayer for our/my child.

4. (Insert name), Today is one of the most significant days of your life, whether you realize it or not. As you become a Bar/Bat/B'nei mitzvah, you join the many generations of Israel who have been called to the Torah before you. You are now a link in the chain that connects our past with our future, and you represent all that is promising and possible. Let this day be a reminder to you that your place in the universe is unique because you are a Jew.

What a privilege it is today for me/us to publicly tell this congregation of our family and friends what a wonderful human being that you have been since the day you were born. You are a kind and gentle person whose compassion for others is remarkable for someone your age. I have always been truly moved by your capacity to make people feel better just by your presence. Your smile has the power to brighten any room you walk into. You, _____, are an extraordinary person, and we are/I am so proud and honored to be your parent(s).

5. (Insert Name), I/we have a blessing to say for you today, as you become a bar/bat/b'nei mitzvah.

May the light in your eyes shine upon the path that you choose to follow.
May the kindness in your heart radiate to those around you.
May the caring that you show to others help to heal the world, one person at a time.
May your awareness of God be a constant source of wonder and amazement and always bring you comfort and strength.
May you always know peace in your soul and carry it with you through the journey of your days.

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

Watch over him/her/them, O God, on this special day and every day. Grant him/her/them a growing understanding of the true significance of this occasion and deepening loyalty to everything which it



represents. May the teachings of our heritage guide him/her/they throughout life. May he/her/they continue to receive Your blessings. Amen.

7. O God, gratefully I/we thank You for the joyous privilege of seeing my/our child attain this milestone. On this day, cherished dreams and hopes are fulfilled. On this day, new dreams and new hopes are born. I/we pray that Your protecting and loving care will accompany him/her/they wherever he/she/they goes and in all that he/she/they does. Help him/her/they to become all that he/she/they is capable of being. Give him/her/they strength to do all the good things that are within his/her/their reach. May the teachings of our heritage guide him/her/they throughout life. May he/her/they continue to receive Your blessings. Amen.

8. What I/we wish for my daughter/son, I wish for all our children. I wish for you to be a person of character, strong but not tough, gentle but not weak.

I wish for you to be righteous but not self-righteous, honest but not unforgiving.

Wherever your journey, may your steps be firm and may you walk in just paths and not be afraid.

Whenever you speak, may your words be words of wisdom and friendship.

May your hands build and your heart preserve what is good and beautiful in our world.

May the voices of the generations of our people move through you, and may the God of our ancestors be your God as well.

May you know that there is a people, a rich heritage, to which you belong, and from that sacred place you are connected to all who dwell on the earth.

May the stories of our people be upon your heart and the rhythm of the Torah dance in your soul.

9. I/We are very proud of the person that you are becoming. On this, your Bat/Bar/Bnei Mitzvah day, I/we have special hopes for you:

We hope that you always remember that you are part of a wonderful heritage that has been passed down from generation to generation for thousands of years. You are connected to the Jewish people, to God and to Torah. You need the Jewish community and the Jewish community needs you.

We hope that you will continue to learn and mature. You will find that the world is not always a fair place, but do what you can to make it better. Do not let others sway you from what you know to be right and just, and always believe in your own abilities. Remember you are a unique individual, and the most important thing is to be the best that you can be.

10. "This is the day the Lord has 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 child grow day by day, week by week, and year by year. For the health and strength, You have given him/her/them, for the mind and spirit with which You endowed him/her/them, for his/her/their ability to elicit and return love – for all these precious gifts, we thank You. Watch over our/my child, O God, on this special day and every day. Grant him/her/them 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/her/them throughout life; May the teachings of our heritage guide him/her/them throughout life. May he/her/they continue to receive Your blessings. Amen.

11. (Insert Name), this is our prayer and our blessing for you. May you always love your life and believe in the power of your potential, which is limitless. May you always follow the path of your own goodness, and may you meet many along the way who will appreciate it as much as we do. Never be afraid to admit you are less than perfect. This is the essence of your humility and your humanity.

Let those who love you help you along life's journey and may you be privileged to do the same for others. As you know, life is not always easy... May you continue to meet life's challenges with strength and pride, and bravery.

May you continue to be blessed with a beautiful spirit, a sense of humor, a sense of optimism and fairness to others. May you always be secure in the love and admiration of your family and friends. On this day, along with every other day, we feel truly blessed for the love you have given us. You have taught us to be more loving, more patient, and more understanding. We are so proud of who you are and the person you are becoming. May God watch over you always.

12. (Insert Name), as you travel along the path that will be your life, may you walk on firm ground, with the wind at your back and the sun shining gently on your face.

May your mind, body and hands be strong, and may their work be guided by both the wisdom of your soul and the compassion of your heart.

May you draw from the strength and wisdom of our tradition, and those who came before you, and make them your own.

May you have beautiful dreams which inspire you, and may your pursuit of those dreams be fulfilling.

May your successes be many, and when you don't succeed, may you learn and grow from the experience, and move on.

May you always give yourself the gift of learning something new.

May you have the courage of conviction and patience to fight for what you know to be right.



May you always feel the love of family and friends that embraces you today.

As you take your place among the Jewish people of your generation,

May G-d grant you a long, healthy, happy, and peaceful life, and may G-d help you to be the change you want to see in the world.

Know that we love you...and that wherever life takes you, we are always here for you.

We/I give thanks before You, G-d, who lives and who endures, for making us/me your parents. [By Shelley Niceley Groff]

13. From the book, Putting God on the Guest List by Rabbi Jeffrey K. Salkin

What I wish for my child: I wish for all children.

I wish for you to be a person of character
Strong but not tough, gentle but not weak.

I wish for you to be tightheous but not self-righteous
Honest but not unforgiving.

Wherever you journey, may your steps be firm
And may you walk in just paths, and not be afraid.

Whenever you speak, may your words
Be words of wisdom and friendship.

May your hands build and your heart preserve what is good
And beautiful in our world.

May the voices of the generations of our people
Move through you. And may the God of our ancestors
Be your God as well.

May you know that there is a people,
A rich heritage, to which you belong
And from that sacred place
You are connected to all who dwell on the earth.

May the stories of our people
Be upon your heart
And the grace of the Torah rhythm
Dance in your soul

14. (Insert name) May you see the world each day with fresh eyes.

May your every step be on firm ground.

May you draw from the strength and wisdom of our tradition, and those who came before you, and make them your own.

May you always know what it is to live in freedom.



May you have beautiful dreams which inspire you, and may your pursuit of those dreams be fulfilling.

May you laugh often.

May you be a support to those who have fallen.

May your needs be fulfilled.

May you draw strength from your community and remember to give back.

May you always have good friends and be a good friend to others.

May you find true, enduring love, and be blessed with children as wonderful as you.

May you always feel the love of family and friends that embraces you today.

May you remember in whose image you are created.

And as you take your place among the Jewish people of your generation, may God grant you a long, happy, healthy and peaceful life. Mazel Tov!!!