

Sample Prayer 1 For Parents of a Bar Mitzvah

On this Shabbat when our son becomes a Bar Mitzvah, we have come with him and our loved ones to join in worship and to offer our prayer of thanksgiving.

O God, gratefully we thank you for the joyous privilege of seeing our son attain this milestone. On this day cherished dreams and hopes are fulfilled. On this day new dreams and new hopes are born.

We pray that Your protecting and loving care will accompany him wherever he goes and in all that he does. Help him to become all that he is capable of being. Give him strength to do al the good things that are within his reach. Keep him loyal to the best that he has been shown and to the noblest Jewish teachings he has been taught.

May his deeds find favor in the eyes of others and be worthy of Your blessing.

Amen



Sample Prayer 2 For Parents of a Bar Mitzvah

 “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 son grow day by day, week by week, and year by year. For the health and strength You have given him, for the mind and spirit with which You endowed him, for his ability to elicit and return love – for all these precious gifts, we thank You.

Watch over him, O God, on this special day and every day. Grant him 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 throughout life; and may be lead a life worth of Your blessings. Amen



Sample Prayer For Parents of a Bar/Bat Mitzvah

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 son/daughter grow day by day, week by week, year by year. For the health and strength You have given him/her, for the mind and spirit with which You endowed him/her for his/her ability to elicit and return love – for all these precious gifts we thank You.

Watch over our son/daughter, O God, on this special day and every day. Grant him/her 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 our son/daughter throughout life; and may he/she lead a life worthy of Your blessings. Amen



Sample Prayer 1 For Parents of a Bat Mitzvah

“This is the day the Lord has made;

Let us rejoice and celebrate on it.”

On this Shabbat when our daughter becomes a Bat Mitzvah, we have come with her and our loved ones to join in worship and to offer our prayer of thanksgiving.

We are grateful, O God, for the privilege of passing along the gift of life which You gave us, thus sharing with You in the miracle of creation. We are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges which these years have brought us. Praise to You, O Lord, for keeping us alive, for sustaining us, and for enabling us to reach this day.

Bless our daughter, O God; watch over her, protect her, guide her. Help her to continue to grow in body and mind, in soul and character. Keep her loyal to our people and to the teaching of our Torah. May her life be rich and rewarding. May all her deeds bring pride to us, honor to the house of Israel, and glory to Your name. Amen.

Parents’ Prayer for Bat Mitzvah (written by Amy & Eric Weinstock)

For you, our daughter, upon reaching this important milestone in your life, we pray that you always remember your Jewish heritage, and live your life in a way that reflects the attributes of the men and women of the Torah:

Be like Sarah – never lose your sense of humor, and always find reasons to laugh at least a little every day.

Be like King David, striving to achieve balance in your life.  Just as David balanced strength and poetry, may you always fight for what you believe is right while pursuing what you find to be beautiful and meaningful.

Be like Rachel and Jacob – find a soulmate to share your life and your love with, even if you have to wait years and work hard to do so.

Be like Deborah – be a strong woman, and treat all people with fairness and justice.   Do not be silent if you recognize injustice in the world.  Rather, take action to correct injustice and engage, as you already do, in Tikkun Olam – efforts to continue making our world a more perfect place.

Be like Betzalel, the artist chosen by G-d to create the Ark of the Covenant, using the talents and gifts that G-d has given you to always find the beauty that surrounds you in the world, to recognize the miraculous place that this world is, and to make the world a more beautiful and wondrous place for others.

Be like Moses – a leader of people and a follower of G-d.   Find a trail that is the right trail for you to blaze through this world.  Know the paths of your ancestors, but never be afraid to step off the path and make footprints of your own that others may follow.

Be like Joseph -- be a dreamer, and never be afraid to dream of things that can be.  Don’t walk through life asking “why”.  Rather, ask “why not”.  Never stop dreaming of the brightest future, and may all of your dreams come true.

And finally, we pray that you continue to be yourself – a loving person, a loyal friend, and a proud Jew.  Stay true to who you are, embrace your heritage, and follow your dreams,  May today mark for you the completion of one important stage of your life and the beginning of the rest of your life.  Just as the Torah continues to be written by each Jew who embraces it, we pray for you that the story of your life is one that you will write proudly, and one filled with many, many happily ever afters.

We are just as proud of you today as we are of you everyday.



Sample Prayer 2 For Parents of a Bat Mitzvah

We thank You, O God, for the joyous fulfillment we feel as our daughter reaches the threshold of womanhood.

How privileged we feel that she is our daughter, and that she is bound to us by bonds of love, of memory, and of hope!

Praise to You, O Lord our God, who kept us alive, and sustained us, and enabled us to reach this day.

O God, accept our thankfulness for the thirteen years that have come and gone; bless our hope for the years that are yet to be. May Your mercy and guidance accompany this Bat Mitzvah at all times, in a life marked by reference for the Torah and love of all Your children. Amen.

Bat Mitzvah (good for a daughter with name Sarah)
This is our prayer and our blessing for you.

May you always love what you do,

Believe in the power of your potential, and remain considerate and loving to others.

May you always follow the path of your own goodness

and may you meet others 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.

May you always remember to be empathetic towards all and appreciative of what you have.

May you follow in the path of our Matriarch Sarah, the wife of Abraham, the first mother of our people.

We pray that you be like,Yiscah, Sarah's first name, which means “to see”.
May you always see the best in others and be insightful to the needs of those around you

May you be like Sarai", the princess” always hospitable to guests, yet carrying yourself as founder of a nation.

We pray that you be like Sarah, mother of Isaac, a woman of destiny and of miracles

Know that we love you and are proud of you… and that wherever life takes you, we are always here for you.May G-d watch over you always.



For Parents of Twin Boys

Michael and Zachary, this is our prayer and our blessing for you. May you always love your lives 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. Keep your heads held high and smiles on your faces.

Zachary and Michael – twins – different in so many ways, yet similar where it counts. May you each continue to be blessed with a beautiful spirit, a sense of humor, 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 and the examples you provide for us. You have taught us to be more loving, more patient, and more understanding. We are so proud of who you are and the men you are turning into.

May God watch over you always.



For Parents of a Twin Girls

Brigitte and Jackie, this is our prayer and our blessing for you. May you always love what you do, believe in the power of your potential, and remain considerate and loving to others.

May you always follow the path of your own goodness and may you meet others 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 along life’s journey and may you be privileged to do the same for others. May you always remember to be empathetic towards all and appreciative of what you have.

You will encounter many obstacles throughout your lives. May you continue to meet life’s challenges head on, with strength, pride and confidence.

As an identical twin, I understand the unique relationship that you have with your sibling. We only hope that you and your sister continue to nurture this special bond and never allow anyone or anything to weaken it.

May you each continue to be blessed with a beautiful spirit, a sense of humor, optimism, and fairness to others.

May you always be secure in the love and admiration of you family and friends. May you always continue to grow and learn and be your own individual persons.

On this day, along with every other day, we feel truly blessed for the love you have given us and examples you provide for us. You have taught us to be more loving, more patient, and more understanding.

We are so very proud of who you are today and young women you are becoming.

May God watch over you always and allow you to mature into beautiful women who will strive for success in all your endeavors, find happiness and joy in your life, and remain compassionate and thoughtful to all.



Bar/Bat Mitzvah Prayer

By Shelley Niceley Groff

My Daughter / Son

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 go 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 have good friends.

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.
 *Modah ani lefaneha meleh hay vekayam she’asanee eemech.*

We give thanks before You, G-d, who lives and who endures, for making us your parents



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

What I wish for my daughter/son

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

Righteous but not self-righteous

Honest but not unforgiving.

Wherever you journey, may your steps be firm

And my 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.

Parent Prayer Sample

\_\_\_\_\_\_\_\_\_ (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 G-d grant you a long, happy, healthy and peaceful life. Mazel Tov!!!

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Sample boy and/or girl:

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 heal the world, one person at a time.

May you always know peace in your soul and carry it with you through the journey of your days.