

SAMPLE PARENT PRAYERS

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 all 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

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 he lead a life worth of Your blessings.

Amen

Sample Prayer 3 For Parents of a Bar Mitzvah

Lord our God, author of life and source of all blessings; we praise You for keeping us alive, and sustaining us, and enabling us to reach this day.

Grateful 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 all 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 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.

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.

Sample Prayer 3 Parent Prayer

_____ (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!!!

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.

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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 or Bat Mitzvah

My wish for you is that this life becomes all that you want it to be. Your dreams stay big and your worries stay small. You never need to carry more than you can hold and while you are out there getting to where you're getting to I hope you know somebody loves you and wants the same things too. Yeah. This is my wish.

By Rascal Flatts

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 lefanaha 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

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,

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.

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.

Sample For Parents of Twin Boys

Name & Name, 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.

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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

Name & Name, 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.