

## B. MITZVAH PARENT'S PRAYER OPTIONS

The Parents' prayer is an opportunity to address your child with a personal prayer at the beginning of the B. Mitzvah ceremony. The purpose of the Parents' 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 Parents' 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. Please let Carol know the prayer you choose by noting its number and writing the number in on the Service Honors form.

**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 person who stands before us today.

**4.** (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.

**5.** 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.

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Grant our child 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 be a guide throughout life. May (name)\_\_\_\_\_ continue to receive Your blessings. Amen.

**6.** 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.

**7.** (Insert name) 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.

**8.** (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 God 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, God, who lives and endures, for making us/me your parent(s).

[By Shelley Niceley Groff]