

שְׁהַחֵיָנוּ

Shehecheyanu

We have a prayer for celebrating special moments in our lives called the Shehecheyanu. Many of us know the Shehecheyanu as one of the prayers we say on the first night of Hanukah. But we also say it on the first night of Passover, and when a baby is born, at a wedding, and anytime we come together to celebrate a joyous occasion. We use this prayer to help us take a mental picture of a special moment to remember it in our heads forever.

Shehecheyanu means has given us life.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

שְׁהַחֵיָנוּ, וְקִיַּמְנוּ, וְהַגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are You, Adonai our God, Ruler of the world,

Who has given us life, sustained us, and brought us to this time.