

Shabbat Kiddush

Kiddush, which means holiness, is a prayer sanctifying Shabbat with special blessings over wine. It is recited while holding a cup of wine or other liquid.

It begins with a passage from the Book of Genesis describing the creation of the world and the sanctification of Shabbat:

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי
וַיֵּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צָבָאָם
וַיֵּכֶל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ
כִּי בּו שְׁבֹת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת
בּוֹרֵא פְרִי הַגִּפְנוֹ וּבְרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם (אָמֵן)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ
זִכְרוֹן לַמַּעֲשֵׂה בְּרֵאשִׁית וְשִׁשְׁבֹת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זִכָּר לִיצִיאַת מִצְרַיִם
כִּי בָנוּ בְּחֶרֶף וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים
וְשִׁבֹת קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָתָנוּ
בְּרוּךְ אַתָּה יְיָ מִקְדֵּשׁ הַשְּׁבֹת (אָמֵן)

English Translation:

And there was evening and there was morning, a sixth day.

The heavens and the earth were finished, the whole host of them.

And on the seventh day God ended his work which he had made, and he rested on the seventh day from all his work which he had made.

And God blessed the seventh day, and sanctified it, because in it he had rested from all his work which God created and done.

Blessed are You, Lord, our God, Ruler of the World, who creates the fruit of the vine. (Amen)
Blessed are You, Lord, our God, Ruler of the World, who sanctifies us with his commandments, and has been pleased with us.
You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation.
The Shabbat is the first among our holy days, and a remembrance of our exodus from Egypt.
Indeed, You have chosen us and made us holy among all peoples and have willingly and lovingly given us Your holy shabbat for an inheritance.
Blessed are You, who sanctifies the Shabbat (Amen)

Washing Hands

After Kiddush and before the meal, each person should wash hands by filling a cup with water and pouring it over the top and bottom of the right hand and then the left hand.

Before wiping the hands dry on a towel, the following blessing should be recited.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם

Blessed are You, Lord,
our God, Ruler of the
World,

who sanctifies us with
his commandments, and
commands us
concerning washing of
hands.

HaMotzi, the blessing over the challah

Immediately after washing hands and before eating, the head of the household should remove the cover from the two challah loaves, lifting them while reciting the following blessing.

The challah is then ripped into pieces or sliced and passed around the table, so that each person may have a piece. The family meal may then begin.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Blessed are You, Lord,
our God, Ruler of the
World, who brings forth

המוציא לֶחֶם מִן הָאָרֶץ (אָמֵן)

bread from the earth.
(Amen)

<https://www.myjewishlearning.com/article/kiddush/>

Siddur Mishkan T'filah