



THE BLESSING OVER

WASHING HANDS

“NETILAT YADAYIM”

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם.

*Bo-rukh Ah-toh Ado-nai
Elo-hei-nu Me-lekh Ha-olam
Ah-sheer Kee-di-sha-nu
Bi-meetz-vo-tov
Vi-tzee-vanu
Al Ni-tee-lat Yo-do-yeem.*

WHAT IT MEANS

Blessed are You, Lord our God, King of the universe,
Who has sanctified us with His commandments,
and commanded us to wash our hands.

