

31 שְׁהֵחַיָּנוּ

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם 1__

שְׁהֵחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמְן הַזֶּה 2__

Blessed are you YHVH our God sovereign of the universe who enlivens us, and sustains us and brings us to this time.

READING

CHANTING

Teacher	Date	Teacher	Date
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Parent	Date	Parent	Date
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WHERE FOUND

The She'hecheyanu (Who Sustains Us) is prayed upon doing something new or for the first time during a year.

MAJOR THEMES

Enjoyment of Life's Gifts, Variety and Changes

KEY WORDS

הֵחַיָּנוּ Enlivens Us

קִיָּמָנוּ Sustains Us

הִגִּיעָנוּ Brings Us

לְזִמְן הַזֶּה To This Time / Season

DISCUSSION STARTER

Why do you think it is important to say a blessing when we are doing something for the first time ever? Why do you think it is important to say a blessing when we are doing something for the first time during a given year?

How do you feel before you are about to do something you never did before or have not done in a long time? What does that tell you about the importance of saying a blessing before doing something you never did before or have not done in a long time?