

## 5 שְׁהֵחָיָנוּ

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְּךְ הָעוֹלָם 1\_\_

שְׁהֵחָיָנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמַן 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

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

### 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

הֵחָיָנוּ

Enlivens Us

קִיָּמָנוּ

Sustains Us

הִגִּיעָנוּ

Brings Us

לְזֶמַן 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?