

Prayer While Making Challah

Throughout the entire Challah making process say:

Lichvod Shabbat Kodesh / Yom Tov – May all who eat from the Challah be blessed with the Beracha it contains. May it nourish their bodies to be healthy to do Mitzvot.

Sift flour – Just as I separate the good from the bad, Hashem please help me to discard the negative influences in my life and the lives of my family. Remove the Yetzer Hara (bad inclination) so that only good remains. As I feel the flour I am now partners with Hashem.

Sugar – Hashem please sweeten my judgment with mercy. Help me judge others favorably and see everything with an Ayin Tova (good eye). Help me act with love and Chesed (kindness). Bless me with a sweet life and enjoyment from relationships.

Salt – Salt has natural boundaries. The right amount of salt preserves and enhances; too much is unhealthy. Hashem, help me to know my limits (just like you must limit your salt intake) and to hold back, to think before I speak and act. Help me watch my Tzniut (modesty). Let me live according to the boundaries of Halacha that You have set up as guidelines for me. Hashem let me have patience, and let me be satisfied with my lot.

Yeast – Hashem please help me to do your will with happiness and excitement. Yeast in Hebrew = Shemirah. Shemira=guard. Hashem grant me your protection and protect us from all physical and spiritual harms- from the Yetzer Hara (bad inclination), from Lashon Hara (bad speech), and from all bad things. Just as yeast rises, let me rise and get excited to fulfill my role in life. Help me to have Simcha (happiness) in my home and in my life. Please bring Refuah Shelema (speedy recovery) for all. **say names of sick**

Oil – Oil is a symbol of Beracha (blessing). All Beracha comes from Hashem, and “Birkat Hashem Hi Ta’ashir” - The blessing of Hashem will make us rich. Hashem bless me with the oil of life and all of life’s blessings, such as health, success, and wisdom. Pray for Parnassah (livelihood). Hashem please bless me to use my time productively and to learn Torah Lishma (even without reward). Shower us with blessing from your hands. Bless me to know that everything is from your hands. May we merit in the anointing of Mashiach.

Warm Water – “Ein Mayim Elah Torah” (there is no water except for the Torah). As water unifies and connects all ingredients, Hashem please help me connect to you, your Torah, to my family, and to all of Klal Yisrael. May we merit in bringing the Mashiach.

Eggs – An egg is often seen as a symbol of the cycle of life. Hashem, let me be Zocheh (merit) to only experience the “ups” in the cycle of life.

Kneading the dough – Bread connects the body to the soul. Hashem please help me to connect to you. Please bless the dough to be like Sarah Imenu, it should have the taste of Gan Eden and the “Manna” in the desert. We should merit to give Teruma and Challah to the Kohen, and in Techiyat Hametim (the resurrection of the dead). When the dough is complete it is like the body and Neshama (soul) become complete.