Passing the Tradition from Generation to Generation.

The Bedtime Shema for Jewish Children

Before our sweet children doze off to sleep we recite with them our ancient prayer of allegiance to our creator and asking of Him to protect and shelter our children from any harm.

SHEMA YISRAEL, ADONOY ELOHAYNOO, ADONOY ECHAD.

(Whisper) BORUCH SHEM KIVOD MALCHOOSO LI’OLAM VA’ED.


HEAR O ISRAEL, HASHEM IS OUR GOD, HASHEM IS ONE.

(Whisper) BLESSED IS THE NAME OF HIS GLORIOUS KINGDOM FOREVER

YOU SHALL LOVE HASHEM, YOUR GOD, WITH ALL YOUR HEART, WITH ALL YOUR SOUL, AND WITH ALL YOUR MEANS. LET THESE MATTERS THAT I COMMAND YOU TO DAY BE UPON YOUR HEART. TO TEACH THEM TO YOUR CHILDREN AND SPEAK OF THEM, WHILE YOU SIT IN YOUR HOME, WHILE YOU GO ON YOUR WAY, WHEN YOU LAY DOWN AND WHEN YOU GET UP. BIND THEM AS A SIGN UPON YOUR ARM AND LET THEM BE TEFILLIN BETWEEN YOUR EYES, WRITE THEM ON THE DOORPOSTS OF YOUR HOUSE AND UPON YOUR GATES.

Please cherish this prayer and send it along to Jewish children the world over.

From one Jew to another with Love.