

Sabbath Prayer

[Alfred Molina/Randy Graff](#)

[MOTHERS AND FATHERS]

May the Lord protect and defend you.

May He always shield you from shame.

May you come to be

In Israel a shining name. May you be like Ruth and like Esther.

May you be deserving of praise.

Strengthen them, Oh Lord,

And keep them from the strangers' ways. May God bless you and grant you long lives.

(May the Lord fulfill our Sabbath prayer for you.)

May God make you good mothers and wives.

(May He send you husbands who will care for you.) May the Lord protect and defend you.

May the Lord preserve you from pain.

Favor them, Oh Lord, with happiness and peace.

Oh, hear our Sabbath prayer. Amen.

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