

## How To – Light Shabbat Candles

**You will need:** Two candles, Matches

**Information:** Shabbat candle-lighting is obligatory upon all adults (including teens who are bar mitzvah or bat mitzvah). (see the Chabad website to find out the proper candle-lighting time) on Friday nights to usher in the Shabbat bride. Traditionally, the women of the house and any girls three-years-old and older are to light the Shabbat candles. By lighting the candles and saying the brocha (blessing) all adults in the house are considered to have lit the candles. If the woman of the house is not present the man is to perform the mitzvot. If neither is at home the mitzvot falls upon a bar/bat mitzvah child (preferably a female). All single adults who live on their own are required to light the Shabbat candles.

### **Instructions:**

Step 1: Gather the candles and those who are participating - it is suggested that a moment of meditation take place to bring yourself into a spiritual atmosphere

Step 2: Light the candles

Step 3: Cup your hands and encircle the flames of the candles three times

Step 4: Cup your hands over yours eyes and recite the blessing

Blessed are you, Hashem, our G-d, King of the universe, Who has sanctified us with His commandments, and has commanded us to kindle the light of the Sabbath