

How To – Put on Tefillin

You will need: Tefillin Shel Rosh, Tefillin Shel Yad

Information: Tefillin are two leather boxes containing four passages of the Torah that refer to the Tefillin (Exodus 13:1-10,11-16; Deuteronomy 6:4-8, 11:13-21). They are worn by religious Jews (men in Orthodoxy and some women in non-Orthodox sects) during morning prayer services. The Shema commands Jews to bind the words to our hands and between our eyes. This is accomplished by laying tefillin (phylacteries), binding to our arms and foreheads a leather pouch containing scrolls of Torah passages. At weekday morning services, one case is tied to the arm (Tefillin Shel Yad), with the scrolls at the biceps and leather straps extending down the arm to the hand, then another case is tied to the head (Tefillin Shel Rosh), with the case on the forehead and the straps hanging down over the shoulders.

Instructions:

Step 1: Stand (Ashkenazi) or sit (Sephardic) after putting on the Tallit. Remember not to talk while laying Tefillin.

Step 2: Roll up the left shirt sleeve (right-handed people) or right shirt sleeve (left-handed people). Unwrap the straps of the shel yad and take it out of the protective box. Slide the loop over your arm and place the shel yad on your bicep.

Step 3: Recite the first blessing.

Blessed are You, Hashem, our G-d, King of the universe, Who has sanctified us with His commandments and has commanded us to put on tefillin

Step 4: Tighten the shel yad strap.

Step 5: Wrap the strap once around your biceps and seven times around your lower arm. Stop at palm, and wrap the remainder of the strap around your palm. Do not wrap the strap around your fingers yet.

Step 6: Unwrap the straps of the shel rosh and take it out of the protective box. Place the shel rosh just above your hairline with the knot just above your neck and the straps hanging loosely.

Step 7: Recite the second blessing.

Blessed are You, Hashem, our G-d, King of the universe, Who has sanctified us with His commandments and has commanded us concerning the mitzvah of tefillin

Step 8: Tighten the straps around your head and recite the statement.

Blessed is His Name, Whose glorious kingdom is forever and ever

Step 9: Unwind the shel yad strap from your palm, as the strap comes from the wrist. (pictures and video)

Step 10: Bring the strap around to the middle finger. Wrap around the upper part of the middle finger once and around the lower part of the middle finger twice.

Step 11: Loop the strap around the fourth finger, bringing it over the finger to the middle of the palm.

Step 12: Continue to wrap the strap around the palm - leaving 2-3 inches to tie around the strap to hold it tight.

Step 13: After the morning prayers, tefillin are removed.

Step 14: Unwrap the shel yad from your fingers and leave it wrapped around your fist.

Step 15: Take off the shel rosh, place it back in the protective box and wrap the strap loosely around the box.

Step 16: Take off the shel yad, place it back in the protective box and wrap the strap loosely around the box.