

# שְׂהֵינּוּ

**Root – ה-י-י**

**Meaning – live/life**

**Words in the prayer with the same root – שְׂהֵינּוּ**

The שְׂהֵינּוּ in the Reform Shabbat morning service is found in the Torah service. In

our congregation this is when the parents and grandparents pass the actual Torah down from generation to generation. This prayer is generally said by the whole congregation.

The שְׂהֵינּוּ thanks God for keeping us alive, for keeping us going in the right direction, and for bringing us to this very special moment. Traditionally the prayer is recited upon any new happening or occasion. It is used to thank God for the particular moment and/or event.

Many parents recite the שְׂהֵינּוּ when one of their children does something for the very first time, whether a first haircut, learning a first Hebrew letter, or a first day of school. Other people recite the prayer when there is a unique occasion or gathering of people that is unlikely to happen again.

## Vocabulary and Translation

The World – העולם

For Giving us Life – נְשֵׂהָתֵינוּ

For Sustaining us – וְקִיְמָנוּ

And Enabling us to Reach – וְהִגִּיעָנוּ

### Past Roots

ב - ר - כ

ב - ח - ר - Choose -

ל - א - Roots of the names of God -

Blessed are you God, Ruler of the World, for giving us life, for sustaining us, and for enabling us to reach this season.