



Netilat Yadayim -

Washing the Hands for Shabbat



אֲשֶׁר יָבֵא אֶל-תּוֹךְ הַפֶּה לֹא יִטְמָא אֶת-הָאָדָם אִפְסֵי
אֲשֶׁר יֵצֵא מִתּוֹךְ הַפֶּה הוּא יִטְמָא אֶת-הָאָדָם:

*It is not what goes into the mouth that defiles a person, but what comes out of the mouth;
this defiles a person. - Jesus*

Directly after reciting the Kiddush, everyone washes their hands in the prescribed ritual manner to prepare for the blessing over the bread (see note, below). Customarily, after reciting this blessing you do not speak until you have eaten the challah:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha'olam me-lekh e-lo-hei-nu Adonai at-tah ba-rukh
the universe king (of) our God Lord are you Blessed

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדָיִם.

ya-dai-yim ne-tilat 'al ve-tsi-va-nu be-mits-vo-tav kid-de-sha-nu a-she-
hands washing and commanded us with his sanctified us who
about commandments

*Blessed art thou, Lord our God, Master of the universe, who hast sanctified us
with thy commandments, and commanded us about washing the hands.*

*Barukh attah Adonai eloheinu melek ha-olam,
asher kiddeshanu bemitzvotav vetzivanu al netilat yadayim.*



How to Wash Your Hands

Fill a large cup that holds at least four and a half ounces with water and pour water on each hand front and back, starting with the right hand. Many people use special handwashing cups, which have two handles to them to make the pouring of the water easier.



Ritualistic Hand Washing

The ritual of *Netilat Yadayim* is actually a “ceremonial” cleansing. In fact, before engaging in this ritual, your hands should *already* be clean! The Lord Jesus our Mashiach opposed this traditional ritual of cleansing as essentially being meaningless (Matthew 15:1-14; see also Mark 7:3-16). It is included here for educational purposes only.