

**JEWLISH**

**USE THE POWER OF CHALLAH TO PRAY  
FOR OUR SOLDIERS IN ISRAEL.**

# **CHALLAH FOR OUR SOLDIERS**

**A GUIDE TO "SEPARATING  
THE CHALLAH"**



# USE THE POWER OF CHALLAH TO PRAY FOR OUR SOLDIERS IN ISRAEL.

When you bake a big batch of challah you are given the opportunity to do the mitzvah of Hafrashat Challah, Separating the Challah.

The moment of separating challah is an especially auspicious moment for praying and turns the simple act of baking into a spiritual experience.

Here is our step by step guide on how to do Hafrashat Challah.

## STEP 1

Make a double or triple batch of your favorite challah using at least 5 pounds of flour. For a challah recipe, visit [www.jewish.com](http://www.jewish.com) or [click here](#).

## STEP 2

After you have mixed up the ingredients and formed a dough, recite the following blessing.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַפְרִישׁ חֻלָּה מִן הָעֶסָה.

Blessed are You, Hashem, our  
God, King of the universe,  
Who has sanctified us with  
His commandments, and has  
commanded us to separate challah  
(from the dough)

Baruch Atah Adonai Elohainu  
Melech Haolam Asher Kiddishanu  
B'mitzvotav Vitzivanu L'hafrish  
Challah (min ha'isa)

## STEP 3

Say your prayers, for yourself, for your family, for Israel, for peace and for our soldiers. You can use the following prayer for our soldiers.

Prayer for Soldiers (See Next Page)

## STEP 4

Discard the separated challah either by wrapping it in plastic so that it doesn't come in direct contact with the rest of the trash or wrapping it in aluminum foil and burning it while nothing else is in the oven.

## STEP 5

Once your challah is baked and ready make sure to share some with your friends and community with a note asking for prayers for Israel and peace.

# PRAYER FOR THE ISRAEL DEFENSE FORCES

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ אַבְרָהָם  
יִצְחָק וְיַעֲקֹב הוּא יְבָרֵךְ אֶת חֵילֵי  
צְבָא הַגְּנָה לְיִשְׂרָאֵל הָעוֹמְדִים  
עַל מִשְׁמַר אֶרְצֵנוּ וְעָרֵי אֱלֹהֵינוּ  
מִגְּבוּל הַלְּבָנוֹן וְעַד מִדְּבַר מִצְרַיִם  
וּמִן הַיָּם הַגָּדוֹל עַד לְבוֹא הָעֶרְבָה  
בַּיְבֵשָׁה בְּאֵוִיר וּבַיָּם

May He who blessed our forefathers, Abraham, Issac, and Jacob, bless the soldiers of the Israeli Defense Forces — in their standing guard upon our land and in God's cities — from the border of Lebanon to the Egyptian wilderness, and from the Mediterranean Sea to Eastern Borders: on land, in the air, and on the sea.

יִתֵּן ה' אֶת אוֹיְבֵינוּ הַקָּמִים עָלֵינוּ  
נִגְפִים לְפָנֵיהֶם הַקְּדוֹשׁ בְּרוּךְ הוּא  
יִשְׁמַר וְיִצִּיל אֶת חֵילֵינוּ מִכָּל צָרָה  
וְצוּקָה וּמִכָּל נֹגַע וּמַחֲלָה וְיִשְׁלַח  
בְּרָכָה וְהַצְלָחָה בְּכָל מַעֲשֵׂה יָדֵיהֶם

May God put plagues in front of our enemies who rise against us. May He guard and rescue our soldiers from all trouble and distress, and from all affliction and illness; and may He send blessing and success in all the work of their hands.

יְדַבֵּר שׁוֹנְאֵינוּ תַחְתֵּיהֶם וַיַּעֲטֵרם  
בְּכֹתֶר יְשׁוּעָה וּבַעֲטָרַת נִצְחוֹן  
וְיִקְיֵם בָּהֶם הַכֹּתוֹב: כִּי ה'  
אֱלֹהֵיכֶם הֵהָלֵךְ עִמָּכֶם לְהִלָּחֵם  
לָכֶם עִם אוֹיְבֵיכֶם לְהוֹשִׁיעַ אֶתְכֶם  
וְנֹאמַר אָמֵן

May He crush our enemies who hate us under [our soldiers], and may He crown [our soldiers] with the crown of salvation and the wreath of victory. And through them let the verse be fulfilled (Deuteronomy 20:4), "God is the One who walks with you. He will fight for you against your enemies, and He will deliver you." And let us say, Amen.