

# שְׁהֶחֱיָנוּ

*Shehecheyanu*

Siddur Sim Shalom, page 303

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שְׁהֶחֱיָנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

Praised are You, Adonai our God, Ruler of the universe,  
Who has kept us alive, supported us and brought us to this time.

**Big Idea - Thank you God for bringing us to this moment!**

The 'Shehecheyanu' is a blessing of thankfulness. It is traditionally said at the beginning of holidays and to celebrate happy occasions.

You can also say this blessing to mark family milestones like birthdays, anniversaries and other special moments.



## Key words:

בָּרוּךְ - blessed

יְיָ - Adonai

אֱלֹהֵינוּ - our God

מֶלֶךְ - King/ruler

הָעוֹלָם - the universe

זֶמֶן - time