

Washing the Hands

Contributed by [Jewish Guy](#)

Source: Velveteen Rabbi

Before eating, we wash our hands, thanking God for the commandment which impels us to mindfulness. What does washing our hands tell us? That we can become clean; that our bodies are sacred and deserving of care.

We wash our hands not to absolve ourselves of responsibility, but to affirm the need to make our hands holy. At this season of freedom and rebirth, we consecrate our hands to the task of building freedom for all who suffer.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצוותיו, וצונו על נטילת ידים

Baruch atah, Adonai, eloheinu melech ha-olam, asher kidshanu b'mitzvotav, v'tzivanu al n'tilat yadayim.

Blessed are You, Source of all Being, who sanctifies us with Your commandments, and
commands us to wash our hands.