

TRADITIONAL

Blessing the fourth cup

Contributed by [Heather](#)

Source: Unknown



FOUR CUPS OF WINE

Group:

Baruch Atah Adonai Eloheinu Melech ha'olam, borei p'ri hagafen.

Praised are you, Adonai, Lord of the universe, who has created the fruit of the vine.

Praised are you, Adonai, King of the universe, who has created our bodies in unique ways. Our bodies honor You when we treat them as gifts that You have given us. Help us be only concerned with what is pleasing to You, and not with what is pleasing to this world. Strengthen us to have the courage to be healthy. Have mercy, Adonai our God, on your people. Heal our bodies and rebuild our minds.

(Drink the fourth cup of wine)