

# A PRAYER FOR THE FOUR CHILDREN

It is customary in the Jewish tradition to bless our children, and in the spirit of this ritual, we have created a prayer with these four children in mind.

We offer it to you with wishes for a chag Pesach sameach.



Blessed are you, Holy Source of Wisdom, bless us so we may know, understand and accept our inner child. Guide us as we ask the questions to better understand ourselves and our world as we try to make sense of our emotions. Guide us as we try to find our place in a caring community, even when we resist those who want to help. Guide us to find the safe and brave spaces filled with people who can show us empathy. Guide us as we learn the language we need from those who model vulnerability. Blessed are you, Holy Source of Love, bless us so we may know, understand and accept the children among us. Help us to notice the message behind the questions others may ask, ensuring each person gets the help they need. Help us to create shame-free and stigma-free environments for each other, developing a culture of understanding. Help us to approach others with empathy so they can feel safe. Help us to offer support to those who may not know what they need. May we each approach our inner child with curiosity and insight. May we each be compassionate toward our inner child from moment to moment. And may we each learn what we need from the inner child of those around us. Amen.