

Hand Washing--Netilat Yadayim

Contributed by [Custom & Craft](#)

Source:

Before the meal begins, we wash our hands.

Take a cup and fill it with water. Lift it with the right hand, then pass it to the left hand and pour the water over the right hand. Then pass the cup to the right hand and pour water over the left hand. Repeat this process until each hand has been rinsed three times. Then, recite the blessing.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Baruch ata Adonai Eloheinu, Melech haOlam, asher kadishanu b'mitzvotav, v'tzivanu al netilat yadayim

Blessed are You Lord our God, sovereign of the Universe, who has sanctified us and has commanded us concerning the hand-washing.