

The Blessings:

Three blessings are said upon immersing three times. Regardless of the occasion (conversion, before marriage, recovery from cancer, *niddah* (family purity), etc.) the first two blessings always remain the same.

The third blessing changes depending on the occasion. It is up to the person to choose to say additional verses or *kavannot* (intentions) preceding the remaining two immersions.

First Blessing:

Enter the mikveh waters slowly, take deep breath, immerse completely so that every part of the body is covered in water and remain under water for a few moments.

When you emerge, stand, take a breath. And say the following blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל הַטְּבִילָה

*Barukh atah Adonay Eloheynu melekh ha-olam, asher
kidshanu b'mitzvotav v'tzivanu al ha-t'vilah.*

Blessed are you, Adonai our G-d, King of the universe,
Who sanctifies us through *mitzvot* and has commanded us
concerning immersion.

Second Blessing (She-he-che-yanu):

(except for *niddah*, where only the first blessing is required)

Immerse a second time!

Stand, take a breath, and say the following blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהִחֲיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ
לְזֶמַן הַזֶּה

*Barukh atah Adonay, Eloheynu melekh ha-olam,
shehekheyanu, v'kiy'manu, v'higianu, la-z'man ha-zeh.*

Blessed are you, Adonai our G-d, King of the universe,
Who has kept us alive and sustained us, and enabled us
to reach this day.

Third blessing¹:

Immerse a third time!

Stand, take a breath, and say the following blessing:

For Messianic conversion into the Guf Messiah (Body of Messiah):

ברוך אתה אדונאי אלוהינו מלך העולם אשר קידשנו במצותיו
וצונו על הטבלה בגופ של ישוע המשיח בשם האב הבן ורוח
הקודש

*Barukh atah Adonay Eloheynu melekh ha-olam, asher
kidshanu b'mitzvotav v'tzivanu al ha-t'vilah b'guf Yeshua
HaMashiach beshem h'Ava, h'Ben, v'Ruach HaKodesh!*

Blessed are You, Adonai our G-d, King of the Universe,
Who has sanctified us with the mitzvot and commanded
us concerning immersion into the Body of Yeshua the
Messiah², in the Name of Abba (the Father), Yeshua (the
Son) and the Ruach HaKodesh (the Holy Spirit)³!

Alternative conversion Blessing:

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד

Sh'ma Yisrael, Adonay Eloheynu, Adonay ekhad.

Hear O Israel, Adonai our G-d, Adonai is One!

¹ Depends on the occasion. This is for conversion into Body of Messiah, other occasion on following page.

² 1st Corinthians 12:12 – 13

³ Matthew 28:19

A few other examples are found below:

After repentance:

ברוך אתה אדונאי אלוהינו מלך העולם אשר סלח
ותמררוק אותנו מכל־חטא באמצעות ישוע המשיח

*Barukh atah Adonay, Eloheynu melekh ha-olam, asher
sâlach v' tamrûq kol m'kol chet, vamizzot Yehsua
HaMashiach.*

Blessed are You, Adonai our God, King of the Universe,
Who forgives and cleanses us from all sin, through
Yeshua HaMashiach.

Before marriage:

וְאֶרְשָׁתִּיךָ לִי, לְעוֹלָם; וְאֶרְשָׁתִּיךָ לִי בְצֶדֶק וּבְמִשְׁפָּט, וּבְחַסֵּד
וּבְרַחֲמִים
וְאֶרְשָׁתִּיךָ לִי, בְּאֱמוּנָה; וְיָדַעְתָּ, אֶת־יְהוָה

*V'eyrastikh (v'eyratikha, masculine) li, l'olam. V'eyratikh
(v'eyratikha, masculine) li b'tzedek u'v'mishpat, u'v'khesed
u'v'rakhamim. V'eyratikh (v'eyratikha, masculine) li,
be'emunah, v'da'at et Adonai.*

I will betroth you to me, forever. I will betroth you to me
with righteousness and with justice, with goodness and
with compassion. I will betroth you to me in truth, and we
will come to know G-d.

For niddah:

Only the first blessing (*v'tzivanu al hatevilah*) is said, although the person immerses
three times.

*Y'-hi ro-tzon mi-l'-fo-neh-choh a-doh-noi- e-lo-hai-nu vai-
lo-hai a-vo-sai-nu she-yi-bo-neh bais ha-mik-dosh bi-m'-
hai-roh v'-yo-mai-nu v'-sain chel-kai-nu b'-so-ro-seh-choh.*

For Bar / Bat Mitzvah:

Kavanah (intention):

The following should be read in preparation for the Tevilah (Immersion). *Please cross out which gender is not applicable.*

I immerse today in celebration of becoming a Bar / Bat Mitzvah. I immerse as an act of transition, from present to future, from student to learner and teacher, from childhood to a new state of responsibility and privilege in the Body of Messiah.

May I be filled with renewed energy and direction to continue on my path as a Talmid / Talmidah of Yeshua. May HaShem grant me strength, courage and shalom. Amen.

First Blessing:

Enter the mikveh waters slowly, take deep breath, immerse completely so that every part of the body is covered in water and remain under water for a few moments.

When you emerge, stand, take a breath. And say the following blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל הַטְּבִילָה

Barukh atah Adonay Eloheynu melekh ha-olam, asher kidshanu b'mitzvotav v'tzivanu al ha-t'vilah.

Blessed are you, Adonai our G-d, King of the universe, Who sanctifies us through *mitzvot* and has commanded us concerning immersion.

Second Blessing:

Before you immerse the second time, please read the following:

As I become a Bar / Bat Mitzvah, I take my place as a counted member of the Body of Messiah.
May it be Your will that as I continue to learn Torah, through my Rebbe Yeshua, turning it and turning it, making it my own, I will find everything it in, especially the One Who gives eternal life.

May my decisions and behaviours help to make the world a better place. I commit myself to contributing my time, my talents and the best of myself to doing Tikkun Olam, Repair of the World. Amen.

Relax, take deep breath and exhale completely, while completely immersing for the second time, so that every part of the body is covered in water.

Third Blessing (She-he-che-yanu):

Before you immerse the third time, please take a moment to complete the following:

As I become a Bar / Bat Mitzvah, I am grateful for

As I become a Bar / Bat Mitzvah, I hope for

As I become a Bar / Bat Mitzvah, I pray for

Relax, letting your body ease into the water and completely immerse for the third time. When you emerge, take a breath, and say the following blessing:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ
לְזֶמַן הַזֶּה

*Barukh atah Adonay, Eloheynu melekh ha-olam,
shehekheyanu, v'kiy'manu, v'higianu, la-z'man ha-zeh.*

Blessed are you, Adonai our G-d, King of the universe,
Who has kept us alive and sustained us, and enabled us
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