

Mitzvah Name: **Immersion – Mikveh or Tevilah**
Mitzvah Number: 175 (109th positive Mitzvah¹)
Torah: Vay'ikra (Leviticus) 14:9, 11:36, 14:2, 15:24 – 27
Mishnah: Tractate Mikvaos
Other Jewish Writings: Megilla 27a, Meshiv Davar 2:45, Yevamos 46a,
Niddah 31b, Sifra on Leviticus 11:36, Baba Kama 82A
Useful References: Codified in the Shulchan Aruch, Yoreh Deah 198
Shulshan Aruch Harav 160, 161
Kitzur Shulchan Oruch, 162
Sefer HaChinuch (Book of Mitzvot)
Related Mitzvot: 159 – 161; 166; 169; 173; 180; 181; 207

Purpose / Applicability:

- After a woman has an emission, or niddah (that time of the month)
- After childbirth
- After recovering from Tzara'at (Biblical Leprosy)
- After touching a corpse, first be cleansed by sprinkling living water mixed with the ashes of a Red Heifer², then Immersion.
- After a man has certain urethral emissions.
- In preparation for a religious holiday or event, e.g., Yom Kippur
- After repentance from sin
- Conversion³

Spiritual / Mystical Implications:

Yes (subject of a future Beit Midrash)

Applicable to us Today⁴:

Ritual Immersion: Yes, participation in synagogue service (which commemorates the Temple worship service – the Cohanim carrying out the offerings)

¹ Rambam's Sefer HaMitzvos.

² This is another study in itself, but there is a shadow and type in the whole picture of the Red Heifer. It reflects Yeshua and the work that He has accomplished on the cross. And so symbolically you could apply the work of the cross in place of the Red Heifer, since we no longer have access to the ashes of one.

³ To Judaism or into the Guf Mashiach (Body of Messiah).

⁴ With no Temple, in the Galut (exile).

Conversion into Body of Messiah: Yes (in the Name of Father, Son and Ruach for Non-Jew, in the Name of Yeshua for a Jew)

After Repentance: Yes. Not for repentance, but after true repentance, as a form of receiving forgiveness⁵ through Yeshua⁶, and cleansing of sin⁷.

Main Apostolic Writing References:

Ritual Immersion: Mark 1:9 – 11⁸

Conversion into Body of Messiah: Matthew 28:19, Acts 2:38

After Repentance: Acts 2:38, Acts 22:16, Acts 10:43

Applicable to Grafted-In Believer from the Nations:

Yes (there is now no distinction because of Yeshua)⁹

Types of water: Living (flowing) water with no obstructions upstream
Mikvah: Minimum amount of water: forty se'ah = 750 liters
Least alternative if no Mikvah or stream of living water available: Pour living water (via a bucket or similar, not directly under the faucet) over the head and entire body, 3 times. Must be enough water to saturate the entire body.

Specifics: The entire body must be covered with water.

Fast beforehand for conversion type immersion.¹⁰

Immerse 3 times¹¹. After each immersion, say the blessings, one after each immersion in order. The first two are typically always the same. The third varies with reason for immersion.

Associated Points of interest:

Manifestation of the Gift of the Ruach (Tongues, Prophecy, Praising HaShem)¹² – Subject of future Beit Midrash study.

⁵ Acts 2:38

⁶ Acts 10:43

⁷ Acts 22:16

⁸ Based on Josephus "Book of Antiquities" 18:117/v2 and Rabbi Bernstein's teaching ([link to YouTube video](#))

⁹ Acts 10:34, Acts 15:9

¹⁰ Didache 7:4

¹¹ Didache 7:2 – 3

¹² Previous Beit Midrash studies: <https://youtu.be/47Qy-ZWNVh0>; <https://youtu.be/gcDjASX8qaM>;

Audio/Video Teaching Available:

Ritual Immersion: [Future YouTube Links](#)

Conversion: [Future YouTube links](#)

Additional Resources:

The Blessings attached can be printed and laminated for use during a Tevilah (immersion).

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, שֶׁהֵחֵינּוּ 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 blessing¹³:

Immerse a third time!

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

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

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצָוָנוּ עַל הַטְּבִילָה בַּגּוּף שֶׁל יֵשׁוּעַ הַמָּשִׁיחַ בְּשֵׁם הָאָב הַבֵּן וְרוּחַ
הַקְּדוֹשׁ

*Barukh atah Adonay Eloheynu melekh ha-olam, asher
kidshanu b'mitzvotav v'tzivanu al ha-t'vilah b'guf Yeshua
HaMashiach beshem h'Av, 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
Messiah¹⁴, in the Name of Abba (the Father), Yeshua (the
Son) and the Ruach HaKodesh (the Holy Spirit)¹⁵!

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!

¹³ Depends on the occasion. This is for conversion into Body of Messiah, other occasion on following page.

¹⁴ 1st Corinthians 12:12 – 13

¹⁵ Matthew 28:19

A few other examples are found below:

After repentance:

בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר סִלַּח וְתַמְרוּק
אוֹתָנוּ מִכָּל־חַטָּא בְּאִמְצָעוֹת יֵשׁוּעַ הַמָּשִׁיחַ

*Barukh atah Adonay, Eloheynu melekh ha-olam, asher
sâlach v' tamrûq otanu m'kol chet, vamizzot Yeshua
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, וּבְחֶסֶד
וּבְרַחֲמִים
וְאֶרְשָׁתִּיךָ לִי, בְּאֵמוּנָה; 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, שְׁהֵחַיֵנוּ 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
to reach this day.