

Sheva Brachot (שבע ברכות) literally means "**Seven Blessings**."

These are the seven traditional blessings recited over a cup of wine during a Jewish wedding ceremony under the chuppah. They are also repeated at festive meals during the **seven days following the wedding**, provided a minyan (ten Jewish men in Orthodox tradition; practices vary in other branches of Judaism) and at least one new guest are present.

The seven blessings celebrate:

1. **Praise to God**, the Creator of the fruit of the vine.
2. **Praise to God**, the Creator of all things for His glory.
3. **Praise to God**, the Creator of mankind.
4. **Praise to God**, who created humanity in His image and established marriage.
5. **Prayer for the restoration of Jerusalem** and the future joy of Zion.
6. **Prayer that the bride and groom rejoice** together as Adam and Eve rejoiced in Eden.
7. **A climactic blessing** celebrating joy, gladness, love, peace, and the union of bride and groom, concluding with:

"Blessed are You, LORD, who gladdens the bridegroom together with the bride."

Significance

The Sheva Brachot emphasize that marriage is:

- A **divine institution** established by God.
- A source of **joy** for the couple, their families, and the entire community.
- Connected to God's **creation**, the Garden of Eden, and ultimately the **future redemption of Israel** and the restoration of Jerusalem.

Connection to your Jewish Wedding study

If you're presenting the phases of the Jewish wedding, the **Sheva Brachot** fit most naturally with **Phase 5 – The Marriage Supper**, because they are recited during the wedding feast under the chuppah and continue to be celebrated during the week of wedding festivities.