

# What to pray for on Chanukah



**1<sup>st</sup> Night:** Not to be lonely or depressed, and for improved mental health for self and others.

**2<sup>nd</sup> Night:** Shidduchim and shalom bayis - marital harmony.

**3<sup>rd</sup> Night:** Happy, healthy children who do good.

**4<sup>th</sup> Night:** To be like our matriarchs, and true to our essence.

**5<sup>th</sup> Night:** Represents 5 books of the Torah. Daven that your husband, children, and/or self should absorb Torah and its wisdom. And for more light and revelation in your life.

**6<sup>th</sup> Night:** Simcha - happiness.

**7<sup>th</sup> Night:** To experience joy on Shabbos, with inspiring singing of zemiros and words of Torah. Shabbos is the source of all bracha.

**8<sup>th</sup> Night:** This night is above nature, and the time to daven for women who are waiting for children, and any other significant requests.

*This is widely attributed to the **Kedushas Levi**, who is also believed to have said that if you are planning to start something new, if you start on Chanukah it will be blessed.*

*It's also a beautiful practice to spend some time writing out a sheet of requests from G-d, and to fold up that paper and put it near your menorah. Spend time gazing at the candles after you light - don't rush to do other things. Sit with them, and just focus on their light.*

