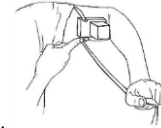


FJMC Guide to Wrapping (Laying) Tefillin

1) After putting on your tallit, get out your arm (Yad) tefillin and say:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִנִּיחַ תְּפִלִּין.

2) Slide your arm tefillin up your weaker arm and tighten the loop so the box sits on the muscle of your bicep and the knot on the



strap faces toward your heart. Wrap the strap once over your bicep towards you to anchor the box.

3) Wrap the strap **towards you** 7 times tightly, **over** the top of your forearm. As you wrap, count the number of wraps by using either the seven days of the week, or something else that gets you to seven without counting, then wrap the remaining strap loosely around your hand.

4) Next, hold your head (Rosh) tefillin and say:

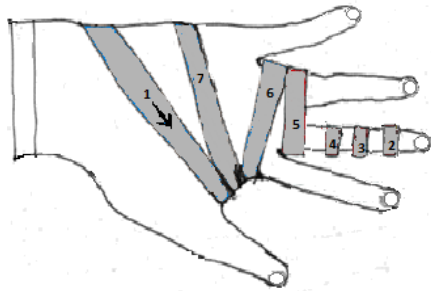
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל מִצְוֹת תְּפִלִּין.

5) Place the head tefillin box on your head where your hairline is/was. The knot should sit in the depression at the back of your head. Bring the straps over each shoulder to the front to drape, and say:



בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

6) Unwrap the strap around your hand back to your wrist and wrap it across the back of your hand to between your thumb and pointer (1). Then go across your palm to the middle finger at which point you say the following (say the first line with each wrap around your middle finger: top (2); middle (3); and bottom (4)):



וְאַרְשֵׁתִּיךָ לִי לְעוֹלָם, וְאַרְשֵׁתִּיךָ לִי בְצַדִּיק
וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים. וְאַרְשֵׁתִּיךָ לִי
בְּאֱמוּנָה, וַיִּדְעַתְּ אֶת-יְיָ.

7) Next, wrap around your 4th and middle fingers together (5) then go back around your 4th finger and down to between your thumb and forefinger (6). Finally, go across the middle of the back of your hand down between your thumb and forefinger (7) forming a Shin. Excess should be wrapped over (7) with any remaining strap tucked inside.

8) Removal is the reverse: Unwrap the hand, remove the head, remove the arm and gently put away.