LASRY ACADEMY

Hanukkah 5787 · 2026

Hanukkah Segulot

Customs, sources and practical advice from the Rabbi's lessons · no promises of results



Halacha a requirement of Jewish law, with source.

Custom a strengthening custom, not an obligation, with no promise of results. Everything here is prayer, gratitude and faith, and is not a substitute for medical care or for effort.

For children

Children and education

Custom Pray quietly by the lights for your children and bless them. The Sages: "One who is regular with the lamp will have children who are Torah scholars."

Shabbat 23b

Custom Include the children: let them help light, sing "Maoz Tzur", play dreidel (Nun-Gimel-Hey-Shin, "a great miracle happened there") and receive Hanukkah gelt, so they look forward to the holiday.

The Rabbi, lesson "Hanukkah: Why We Celebrate" (2025)

Custom Five minutes by the lights with eyes closed, giving thanks as if it already happened. The Rabbi recommends doing this together with the children.

The Rabbi, lesson "How to Receive Miracles" (2023)

Custom Write a note with everything you ask for, in the language of thanks ("thank you for the home") rather than request; keep it a year and open it next Erev Hanukkah. The Rabbi does this with his children.

The Rabbi, lesson "How to Receive Miracles" (2023)

For livelihood

Livelihood and blessing

Custom Give more tzedakah during Hanukkah, especially before lighting, and add an act of giving or kindness to every request.

The Rabbi, "How to Receive Miracles"; on the power of tzedakah: Proverbs 10:2

Custom Light with a beautiful menorah and olive oil, beautifying the mitzvah. The Rabbi recommends investing in it.

The Rabbi, "Hanukkah: Why We Celebrate"; hiddur: Shabbat 23b

Custom Two weeks without lashon hara (gossip), especially while the lights are burning.

The Rabbi's advice, Hanukkah lessons

Custom Eat foods fried in oil (latkes, sufganiyot) in memory of the miracle of the oil.

Custom; the Rabbi, "Hanukkah: Why We Celebrate"

For health

Health and calm

Custom Say "Mizmor Shir Chanukat HaBayit" (Psalm 30), which includes "and You healed me" (verse 3), and pray for the sick by name.

Custom, as on the lighting page

Custom Say Psalm 91, the "song against mishaps", seven times before the candles (see next page).

Shevuot 15b; custom of the mekubalim, as the Rabbi teaches

Prayer and strength only: not a substitute for a doctor or medical care.

Halacha in brief: the law comes first, then the segulot

Halacha Three blessings on the first night (lighting, miracles, Shehecheyanu), two on the other nights.

Shulchan Aruch OC 676:1

Halacha The lights burn at least half an hour after nightfall.

SA OC 672:2; Yalkut Yosef

Halacha We may not use the light of the candles, only look at them.

Shabbat 22a; SA OC 673:3

Halacha On Friday, light Hanukkah candles before Shabbat candles.

SA OC 679:1

CUSTOM INTENTIONS FOR THE EIGHT NIGHTS

The custom of the mekubalim, as the Rabbi teaches: each night, one intention in the heart while lighting, joined by a good deed. No promise of results.



Night 1
Kindness (Abraham)



Night 2
Strength and finding a match (Isaac)



Night 3
Children and education (Jacob)



Night 4
Peace at home (the four Matriarchs)



Night 5
Torah and wisdom (the five Books of Moses)



Night 6
Torah study (the six orders of the Mishnah)



Night 7
Livelihood and Shabbat



Night 8
"Zot Chanukah": requests for children, livelihood and peace at home

CUSTOM THE CUSTOM OF SEVEN TIMES: PSALM 91 BEFORE THE CANDLES

Custom: after lighting, say Psalm 91 ("Yoshev b'seter Elyon") seven times, then stand before the Hanukkah candles and make your personal requests.

1. Light the candles and bless as usual. Say the psalm from a siddur or by heart, by other light, not by the light of the candles ("we may not use them").
2. Say Psalm 91 from beginning to end, seven times, calmly and with focus. You may count on your fingers.
3. Then stand before the candles and ask quietly, in your own words: children, livelihood, health, peace at home, whatever is in your heart.
4. Finish with thanks to Hashem for the miracles and for the good you already have.

The personal prayer is a custom and a source of strength, not a guarantee of any result. Say it sincerely, trusting that Hashem hears prayer.

Custom Eight days without complaints, and without the word "why": choose to see the good. (The Rabbi, Hanukkah lessons)

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