# Blessings and Using God's Name in Vain

You may not use God's name unless there is a positive purpose. Anyone may say any of God's names anytime when studying *Torah*, even a girl or woman who is reading the *Torah* with cantillation/*trop* where she might need to repeat God's name or other words in a line/*pasuk* and thereby not say the entire *pasuk* as it is written.
It is permissible to use God's name (and not an altered name such as "*Keil*" or "*Elokim*") in these cases:

- When reciting a sentence or phrase from the *Torah*.
- For any type of teaching of *Torah*, blessings, and prayers to children up to *bar/bat mitzva* age.
- In *Shabbat* songs/*zmirot*.

NOTE When singing *zmirot* on *Shabbat*, you should use God's correct name, since *zmirot* are a form of prayer.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com