

כג וַיָּקָם | בַּלַּיְלָהָ הוּא וַיִּקָּח אֶת־שְׁתֵּי  
נָשָׁיו וְאֶת־שְׁתֵּי שִׁפְחוֹתָיו וְאֶת־אֶחָד  
עֶשֶׂר יְלָדָיו וַיַּעֲבֹר אֶת מַעְבַּר יַבֹּק׃  
כד וַיִּקְחֵם וַיַּעֲבֹרם אֶת־הַנַּחַל וַיַּעֲבֹר  
אֶת־אֲשֶׁר־לוֹ׃ כה וַיִּוָּתֵר יַעֲקֹב לְבַדּוֹ  
וַיִּאָּבֵק אִישׁ עִמּוֹ עַד עֹלֹת הַשָּׁחַר׃

כו וַיֵּרָא כִּי לֹא יָכֹל לוֹ וַיִּגַע בְּכַף־יָרְכוֹ  
וַתִּקַּע כַּף־יָרְךְ יַעֲקֹב בְּהֶאָבֵקוֹ עִמּוֹ׃  
כז וַיֹּאמֶר שְׁלַחֲנִי כִּי עָלָה הַשָּׁחַר וַיֹּאמֶר  
לֹא אֲשַׁלְּחֶךָ כִּי אִם־בְּרַכְתָּנִי׃ כח וַיֹּאמֶר  
אֵלָיו מַה־שְּׁמֶךָ וַיֹּאמֶר יַעֲקֹב׃  
כט וַיֹּאמֶר לֹא יַעֲקֹב יֹאמַר עוֹד שְׁמֶךָ  
כִּי אִם־יִשְׂרָאֵל כִּי־שָׂרִיתָ עִם־אֱלֹהִים  
וְעִם־אֲנָשִׁים וַתִּוַּכַּל׃

ל וַיִּשְׁאַל יַעֲקֹב וַיֹּאמֶר הַגִּידָה־נָא שְׁמֶךָ  
וַיֹּאמֶר לָמָּה זֶה תִּשְׁאַל לְשִׁמִּי וַיְבַרְךְ׃  
אֹתוֹ שָׁם׃ [שְׁלִישִׁי] לֹא וַיִּקְרָא יַעֲקֹב  
שֵׁם הַמָּקוֹם פְּנִיאל כִּי־רָאִיתִי אֱלֹהִים  
פְּנִים אֶל־פְּנִים וַתִּנָּצַל נַפְשִׁי׃  
לב וַיִּזְרַח־לוֹ הַשֶּׁמֶשׁ כַּאֲשֶׁר עָבַר  
אֶת־פְּנוּאֵל וְהוּא צָלַע עַל־יָרְכוֹ׃  
לג עַל־כֵּן לֹא־יֵאָכְלוּ בְּנֵי־יִשְׂרָאֵל  
אֶת־גִּיד הַנֶּשֶׂה אֲשֶׁר עַל־כַּף הַיָּרֵךְ עַד  
הַיּוֹם הַזֶּה כִּי נָגַע בְּכַף־יָרְךְ יַעֲקֹב בְּגִיד  
הַנֶּשֶׂה׃

He [Yaakov] arose during that night and took his two higher-status wives, his two lower-status wives, and his eleven children to cross the Yabbok crossing. He took them and brought them across the river; he brought across what belonged to him. And Yaakov was left alone— and a man wrestled with him until the coming up of dawn.

He saw that he could not prevail against him, so he touched the socket of his thigh; and the socket of Yaakov's thigh was dislocated as he wrestled with him.

Then he said: Let me go, for dawn has come up! But he said: I will not let you go unless you bless me. He said to him: What is your name? And he said: Yaakov. Then he said: Not as Yaakov/Heel-Sneak shall your name be henceforth uttered, but rather as Yisrael/God-Fighter, for you have fought with God and men and have prevailed.

Then Yaakov asked and said: Pray tell me your name! But he said: Why, now, do you ask about my name? And he gave him farewell-blessing there. Yaakov called the name of the place: Peniel/Face of God, for: I have seen God, face to face, and my life has been saved! The sun rose on him as he crossed by Penuel, and he was limping on his thigh. Therefore the Children of Israel do not eat the nerve sinew that is on the socket of the thigh until this day, for he had touched the socket of Yaakov's thigh at the nerve sinew.

