

Blessings After Meals

ברכת המזון

On Shabbat, holidays and other festive occasions:

Shir hama'alot: beshuv Adonai et shivat tziyon, hayinu keholmim. Az yimalay sehoq pinu, uleshonaynu rinah. Az yomru vago-yim, higdil Adonai la'asot im ayleh. Higdil Adonai la'asot imanu, ha'yinu semayhim. Shuvah Adonai et shevitaynu, ka'afikim banegev. Hazore'im bedimah berinah yiktzoru. Halokh yaylaykh uvakho nosay meshekh hazara. Bo yavo verinah nosay alumotav.

When the Lord brought our exiles back to Zion, it was like a dream. Then our mouths were filled with laughter, joyous song was on our tongues. Then it was said among the nations: "The Lord has done great things for them." Great things indeed He did for us; therefore we rejoiced. Bring back our exiles, Lord, as You bring back streams to Israel's desert soil. Those who sow in tears shall reap with joyous song. A hungry man will plant in sadness, bearing his few sacks of seed; but he will come home in gladness, bearing ample sheaves of grain.

When three or more adults have eaten together, one of them formally invites the others to join in these blessings. (When ten or more are present, add the Hebrew word in parentheses.)

Rabotai, nevaraykh.

רבותי נברך.

Friends, let us give thanks.

The others respond, and the leader repeats:

Yehi shem Adonai mevorakh may'atah ve'ad olam.

יהי שם יי מברך מעתה ועד עולם.

May the Lord be praised, now and forever.



The leader continues:

Bireshut rabotai, nevaraykh (Elohaynu) נְבָרְךָ (אֱלֹהֵינוּ) בְּרִשׁוֹת רַבּוֹתַי,
she'akhalnu mishelo. שְׂאֲכָלְנוּ מִשְׁלוֹ.

With your consent, friends, let us praise God of whose food we have partaken.

The others respond, and the leader repeats:

Barukh (Elohaynu) she'akhalnu mishelo בְּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ מִשְׁלוֹ
uvetuvo ha'yinu. וּבְטוּבוֹ חַיֵּינוּ.

Praised be our God of whose food we have partaken and by whose goodness we live.

Leader:

Barukh hu uvarukh shemo. בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Praised be He and praised be His name.

Barukh atah Adonai, Elohaynu melekh ha'olam, hazan et ha'olam kulo betuvo, behayn, behesed, uverahamim. Hu notayn lehem lekhol basar, ki le'olam hasdo. Uvetuvo hagadol, tamid lo hasar lanu, ve'al yehsar lanu mazon le'olam va'ed ba'avur shemo hagadol, ki hu zan umefarnays lakol, umaytiv lakol, umaykhin mazon lekhol beriyotav asher bara. Barukh atah Adonai, hazan et hakol.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הֵזַן אֶת־הָעוֹלָם כֻּלּוֹ בְּטוּבוֹ בְּחֵן בְּחֶסֶד
וּבְרַחֲמִים. הוּא נוֹתֵן לָחֵם לְכָל־בָּשָׂר,
כִּי לְעוֹלָם חֶסֶדּוֹ. וּבְטוּבוֹ הַגָּדוֹל תָּמִיד
לֹא חָסַר לָנוּ וְאֵל יַחְסֵר לָנוּ מְזוֹן
לְעוֹלָם וְעַד בְּעֵבוֹר שְׁמוֹ הַגָּדוֹל, כִּי
הוּא זֶן וּמִפְרֵיט לְכָל וּמִטִּיב לְכָל
וּמִכִּין מְזוֹן לְכָל־בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.
בְּרוּךְ אַתָּה יְיָ, הֵזַן אֶת־הַכֹּל.

Praised are You, Lord our God, King of the universe who sustains the whole world with kindness and compassion. You provide food for every creature, for Your love endures forever. Your great goodness has never failed us. Your great glory assures us nourishment. All life is Your creation and You are good to all, providing every creature with food and sustenance. Praised are You, Lord who sustains all life.

Nodeh lekha Adonai Elohaynu al shehin-
halta la'avotaynu eretz hemdah, tovah
urehavah, brit vectorah, ha'yim umazon.
Yitbarakh shimkha befi khol hai tamid
le'olam va'ed. Kakatuv ve'akhalta vesavata
uvayrakhta et Adonai Elohekha al ha'aretz
hatovah asher natan lakh. Barukh atah
Adonai, al ha'aretz ve'al hamazon.

נוֹדֶה לְךָ יְיָ אֱלֹהֵינוּ עַל שֶׁהִנְחַלְתָּ
לְאַבוֹתֵינוּ אֶרֶץ חֲמֻדָּה טוֹבָה וּרְחֻבָּה,
בְּרִית וְתוֹרָה, סִיּוּם וּמְזוֹן. יִתְבָּרַךְ
שִׁמְךָ בְּפִי כָל־חַי תָּמִיד לְעוֹלָם וְעַד,
בְּכַתּוּב: וְאָכַלְתָּ וּשְׂבַעְתָּ וּבֵרַכְתָּ אֶת־יְיָ
אֱלֹהֶיךָ עַל הָאֶרֶץ הַטוֹבָה אֲשֶׁר נָתַן
לְךָ. בְּרוּךְ אַתָּה יְיָ, עַל הָאֶרֶץ וְעַל
הַמְזוֹן.

We thank You, Lord our God, for the pleasing, ample, desirable land which You gave to our ancestors, for the covenant and Torah, for life and sustenance. May You forever be praised by all who live, as it is written in the Torah: "When you have eaten your fill, you shall praise the Lord your God for the good land which He has given you." Praised are You, Lord, for the land and for sustenance.

Uvenay Yerushala'yim ir hakodesh bim-
hayrah ve'yamaynu. Barukh atah Adonai,
boneh veraḥamav Yerushala'yim. Amen.

ובנה ירושלים עיר הקודש במהרה
במינו. ברוך אתה יי, בונה ברחמי
ירושלים. אמן.

Build up Jerusalem, the holy city, in our time. Praised are You, Lord, who in His mercy rebuilds Jerusalem.

Barukh atah Adonai, Elohaynu melekh
ha'olam, hamelekh hatov vehamaytiv lakol.
Hu haytiv, hu maytiv, hu yaytiv lanu. Hu
gemalanu, hu gomlaynu, hu yigmilaynu
la'ad ḥayn vaḥesed veraḥamim, viyzakay-
nu liymot hamashiḥ.

ברוך אתה יי, אלהינו מלך העולם,
המלך הטוב והמטיב לכל. הוא
הטיב, הוא מטיב, הוא יטיב לנו. הוא
גמלנו, הוא גומלנו, הוא יגמלנו לעד
חן וחסד ורחמים ויזכנו לימות
המשיח.

Praised are You, Lord our God, King of the universe, who is good to all, whose goodness is constant throughout all time. Favor us with kindness and compassion now and in the future as in the past. May we be worthy of the days of the messiah.

Haraḥaman hu yevaraykh et ha-aretz hazot
ve'yagayn aleha.

הרחמן הוא יברך את הארץ הזאת
ויגן עליה.

May the Merciful bless this land and protect it.

Haraḥaman hu yevaraykh et aḥaynu benay
Yisra'el hanetunim betzarah, ve'yotzi'aym
may'afaylah le'orah.

הרחמן הוא יברך את אחינו בני
ישראל הנתונים בצרה ויוציאם
מאפילה לאורה.

May the Merciful bless all of our people who suffer and bring them out of darkness into light.

Haraḥaman hu yevaraykh et medinat
Yisra'el, rayshit tzeḥiḥat ge'ulataynu.

הרחמן הוא יברך את מדינת
ישראל, ראשית צמיחת גאולתנו.

May the Merciful bless the State of Israel, the dawn of our redemption.

On Shabbat:

Haraḥaman hu yanḥilaynu yom shekulo
Shabbat umenuḥah leḥa'yay ha'olamim.

הרחמן הוא ינחילנו יום שכלו שבת
ומנוחה לחיי העולמים.

May the Merciful grant us a day of true Shabbat rest, reflecting the life of eternity.

On Rosh Ḥodesh:

Haraḥaman hu yeḥadaysh alaynu et
haḥodesh hazeh letovah velivrahah.

הרחמן הוא יחדש עלינו את החודש
הזה לטובה ולברכה.

May the Merciful renew this month for goodness and blessing.

On Festivals:

Haraḥaman hu yanḥilaynu yom shekulo tov.

הרחמן הוא ינחילנו יום שכלו טוב.

May the Merciful grant us a day filled with the spirit of the Festival.

On Ḥol Hamo'ed Sukkot:

Haraḥaman hu yakim lanu et sukkat David
hanofalet.

הַרְחֵמֵן הוּא יָקִים לָנוּ אֶת-סִכַּת דָּוִד
הַנּוֹפֵלֶת.

May the Merciful raise the fallen sukkah of David.

On Ḥanukkah:

Haraḥaman hu ya'aseh lanu nisim venifla'ot
kemo she'asah la'avotaynu biymay Matit-
yahu uvanav.

הַרְחֵמֵן הוּא יַעֲשֶׂה לָנוּ נִסִּים וְנִפְלְאוֹת
כְּמוֹ שֶׁעָשָׂה לְאַבוֹתֵינוּ בַּיָּמִי מִתְתִּיחֵהוּ
וּבְנָיו.

*May the Merciful grant us the miracle of deliverance as He did for our ancestors in the days of
Mattathias and his sons.*

On Purim:

Haraḥaman hu ya'aseh lanu nisim ve'nifla-
ot kemo she'asah la'avotaynu biymay
Mordekhai ve'Estayr.

הַרְחֵמֵן הוּא יַעֲשֶׂה לָנוּ נִסִּים וְנִפְלְאוֹת
כְּמוֹ שֶׁעָשָׂה לְאַבוֹתֵינוּ בַּיָּמִי מְרַדְכָּי
וְאֶסְתֵּר.

*May the Merciful grant us the miracle of deliverance as He did for our ancestors in the days of
Mordecai and Esther.*

On Israel's Independence:

Haraḥaman hu ya'aseh lanu nisim ve'nifla-
ot kemo she'asah le'amaynu biymay
hashavat banim legevulam.

הַרְחֵמֵן הוּא יַעֲשֶׂה לָנוּ נִסִּים וְנִפְלְאוֹת
כְּמוֹ שֶׁעָשָׂה לְעַמָּנוּ בַּיָּמִי הַשְּׁבַת
בָּנִים לְגְבוּלָם.

*May the Merciful grant us the miracle of deliverance as He did for our people when He re-
stored them to the land of Israel.*

Venisa verakhah may'ayt Adonai utzeda-
kah may'Elohay yishaynu. Venimtza ḥayn
vesaykhel tov be'aynay Elohim ve'adam.
Oseh shalom bimromav hu ya'aseh shalom
alaynu ve'al kol Yisra'el. Ve'imru Amen.

וְנִשָּׂא בְרָכָה מֵאֵת יְיָ וּצְדָקָה מֵאֱלֹהֵי
יִשְׁעָנוּ וְנִמְצָא חֵן וְשָׂכָל טוֹב בְּעֵינֵי
אֱלֹהִים וְאָדָם. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל-
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

*May we receive blessings from the Lord, lovingkindness from the God of our deliverance.
May we find grace and good favor before God and all people. May He who brings peace to
His universe bring peace to us, to all the people Israel and to all mankind. And let us say:
Amen.*

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