Birkat Hamazon בִּרְכַּת הַמָּזוֹן

Leader: 1. חֲבֵרַי נְבָרֵךְ.

group: 2. יְהִי שֵׁם יְיָ מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם.

Leader: 3. יְהִי שֵׁם יְיָ מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם. בִּרְשׁוּת חֲבֵרַי,

4. נְבָרֵךְ (אֱלֹהֵינוּ) שֶׁאָכַלְנוּ מִשֶּׁלּוֹ.

Group: 5. בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאָכַלְנוּ מִשֶּׁלּוֹ וּבְטוּבוֹ חָיִינוּ.

Leader: 6. בָּרוּךְ (אֱלֹהֵינוּ) שֶׁאָכַלְנוּ מִשֶּׁלּוֹ וּבְטוּבוֹ חָיִינוּ.

7. בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

8. בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

9. הַזָּן אֶת הָעוֹלָם כֻּלּוֹ בְּטוּבוֹ

10. בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,

11. הוּא נוֹתֵן לֶחֶם לְכָל בָּשָׂר כִּי לְעוֹלָם חַסְדּוֹ.

12. וּבְטוּבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ,

13. וְאַל יֶחְסַר לָנוּ מָזוֹן לְעוֹלָם וָעֶד.

14. בַּעֲבוּר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זָן וּמְפַרְנֵס לַכֹּל

15. וּמֵטִיב לַכֹּל, וּמֵכִין מָזוֹן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.

16. בָּרוּךְ אַתָּה יְיָ, הַזָּן אֶת הַכֹּל.

17. כַּכָּתוּב, וְאָכַלְתָּ וְשָׂבָעְתָּ, וּבֵרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ
18. עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ.
19. בָּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמָּזוֹן.

20. וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בִּמְהֵרָה בְיָמֵינוּ.
21. בָּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְרַחֲמָיו יְרוּשָׁלָיִם. אָמֵן

22. הָרַחֲמָן, הוּא יִמְלוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

23. הָרַחֲמָן, הוּא יִתְבָּרַךְ בַּשָּׁמַיִם וּבָאָרֶץ.

24. הָרַחֲמָן, הוּא יִשְׁלַח לָנוּ בְּרָכָה מְרֻבָּה בַּבַּיִת הַזֶּה,
25. וְעַל שֻׁלְחָן זֶה שֶׁאָכַלְנוּ עָלָיו.

26. עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם
27. עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

28. יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בַשָּׁלוֹם.

Birkat HamazonTranslation:

Leader: Friends, let us give praise.

Group: May God's name be praised, now and forever

Leader: May God's name be praised, now and forever. With your consent, friends,
let us praise God, of whose food we have partaken.

Group: Praised be our God of whose abundance we have partaken and by whose goodness we live.

Leader: Praised be our God of whose abundance we have partaken and by whose goodness we live.
Praised be God, and praised be God's name.

Praised are You Adonai, our God, of ruler of all time and space,
Who feeds the entire world in kindness, grace and compassion.
God provides bread to all, in God's everlasting kindness.
And because You are so good to us, we have never lacked sustenance in the past
And we believe that we will never lack food in the future.
You are acknowledged for providing and sustaining everyone
And You are kind to all, providing food for each creature's needs.
Praised Are You Adonai, for nourishing everything.
It is written, "may you eat and be full, and then praise Adonai your God
For the good land God has provided you".
Praised are you Adonai, for the land and the food.

May You build Jerusalem the holy city soon, during our life time.
Praised are you Adonai, the merciful builder of Jerusalem, Amen.

The merciful One, will rule over us forever and ever.

The merciful One, will be praised in heaven and on earth.

The merciful One, will provide us with a great blessing, in this house,
and at this table at which we ate.

The One who makes peace in the heavens, shall make peace
for us and all the people, and say Amen.

Adonai shall give strength to God's people, Adonai will bless God's people with peace.

Big Idea – Thank you for the food!

Birkat Hamazon, translated to English as the 'blessing over food'**,** is a series of blessings of thanksgiving recited after eating a meal. But it's not just about food; only the first of the set of blessings in the *Birkat Hamazon* explicitly thank God for food. The remainder thank God for the land of Israel and God's general goodness, plead for the rebuilding of Jerusalem, and make a series of requests for livelihood, and more.

Reciting the blessing after the meal is a mitzvah written in the Torah. Deuteronomy 8:10 states, "And you shall eat and be satisfied, and bless Adonai your God for the good land which God has given you."

Did You Know?

הָרַחֲמָן, הוּא יִשְׁלַח לָנוּ בְּרָכָה מְרֻבָּה בַּבַּיִת הַזֶּה, וְעַל **שֻׁלְחָן** זֶה שֶׁאָכַלְנוּ עָלָיו.

The merciful One, will send us a great blessing for this home,

*and for **this table** which we ate at.*

When singing this part of Birkat Hamazon, it is customary to tap the table when the word "Shulchan" (table) is chanted.

Key words:

בָּרוּךְ - praised	בְּרָכָה - blessing
וְעַד עוֹלָם - forever	מָזוֹן – food
בַּיִת - home/house	שֻׁלְחָן - table
יְרוּשָׁלַיִם - Jerusalem	יִשְׂרָאֵל – Israel / Jewish people
שָׁלוֹם - peace	אֱלֹהֵינוּ - our God