

Birkat Hamazon בְּרַכַּת הַמִּזוֹן

:Invitation

1. Leader: תְּחִבְרִי נְבָרָךְ.

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

3. Leader: יְהִי שֵׁם יְיָ מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם. בְּרָשׁוֹת תְּחִבְרִי,

4. נְבָרָךְ (אֱלֹהֵינוּ) שְׂאֲכִלְנוּ מִשְּׁלֹ.

5. Group: בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכִלְנוּ מִשְּׁלֹ וּבָטוּבוֹ תְּחִינּוּ.

6. Leader: בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכִלְנוּ מִשְּׁלֹ וּבָטוּבוֹ תְּחִינּוּ.

7. בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.

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1. בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

2. הַזֵּן אֶת הָעוֹלָם כָּלּוֹ בָּטוּבוֹ

3. בְּחֵן בְּחֶסֶד וּבְרַחֲמִים,

4. הוּא נוֹתֵן לָחֶם לְכָל בָּשָׂר כִּי לְעוֹלָם חֶסֶדּוֹ.

5. וּבָטוּבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ,

6. וְאַל יִחָסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד.

7. בַּעֲבוּר שְׁמוֹ הַגָּדוֹל,

8. כִּי הוּא אֵל זֶן וּמִפְּרִיָּם לְכָל
9. וּמִטֵּיב לְכָל, וּמִכִּין מִזֶּזֶן
10. לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.
11. בָּרוּךְ אַתָּה יְיָ, הַזֶּן אֶת הַכָּל.
12. כִּפְתוּב, וְאֶכְלָתָּ וְשָׂבַעְתָּ, וּבִרְכָתָּ אֶת יְיָ אֱלֹהֶיךָ
13. עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ.
14. בָּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמִּזֶּזֶן.
15. וּבִנְיָה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ.
16. בָּרוּךְ אַתָּה יְיָ, בּוֹנֵה בְרִחְמִיּוֹ יְרוּשָׁלַיִם. אָמֵן
17. הַרְחֵמֶן, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
18. הַרְחֵמֶן, הוּא יִתְבָּרַךְ בְּשִׁמְיָם וּבָאָרֶץ.
19. הַרְחֵמֶן, הוּא יִשְׁלַח לָנוּ בְּרָכָה מְרֻבָּה בְּבֵית הַזֶּה,
20. וְעַל שְׁלֵחָן זֶה שְׂאֵכְלָנוּ עָלָיו.
21. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
22. עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
23. יְיָ עֲזֵז לְעַמּוֹ יִתָּן, יְיָ יְבָרֶךְ אֶת עַמּוֹ בְּשְׁלוֹם.

Birkat Hamazon Translation:

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?

הַרְחֵמֵנוּ, הוּא יִשְׁלַח לָנוּ בְרָכָה מְרִבָּה בְּבֵית הַזֶּה, וְעַל שֻׁלְחָנוֹ זֶה נַשְׂאֵכְלֵנוּ 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

מִזֶּן - food

בֵּית - home/house

שֻׁלְחָנוֹ - table

יְרוּשָׁלַיִם - Jerusalem

יִשְׂרָאֵל - Israel / Jewish people

שָׁלוֹם - peace

אֱלֹהֵינוּ - our God