

44 בְּרֶפֶת הַמִּזוֹן בְּקֶצֶר

Leader:

חֲבֵרִי / רְבוּתִי נִבְרָךְ 1__

Group:

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם 2__

Leader:

יְהִי שֵׁם יְהוָה מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם. בְּרָשׁוֹת חֲבֵרִי / 3__

רְבוּתִי נִבְרָךְ (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ מִשְׁלוֹ

Group:

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ מִשְׁלוֹ וּבִטּוּבוֹ חַיֵּינוּ 4__

Leader:

בָּרוּךְ (אֱלֹהֵינוּ) שְׂאֲכָלְנוּ מִשְׁלוֹ וּבִטּוּבוֹ חַיֵּינוּ 5__

All Together

בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ 6__

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם 7__

הֵזַן אֶת הָעוֹלָם כֻּלּוֹ בְּטוּבוֹ בְּחֵן בִּחְסֵד וּבִרְחֻמִּים 8__

הוּא נוֹתֵן לֶחֶם לְכָל בֶּשָׂר כִּי לְעוֹלָם חֲסִדּוֹ 9__

וּבִטּוּבוֹ הַגָּדוֹל תִּמְיֵד לֹא חָסֵר לָנוּ 10__

וְאֵל יַחֲסֵר לָנוּ מִזוֹן לְעוֹלָם וָעֶד 11__

בְּעֶבֶר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זָן וּמַפְרִיֵּס לְכָל 12__

וּמַטִּיב לְכָל וּמַכִּין מִזוֹן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא 13__

- 14__ בָּרוּךְ אַתָּה יְהוָה הַזֵּן אֶת הַכֹּל
- 15__ כִּפְתּוּב, וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת יְהוָה אֱלֹהֶיךָ
- 16__ עַל הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ
- 17__ בָּרוּךְ אַתָּה יְהוָה עַל הָאָרֶץ וְעַל הַמָּזוֹן
- 18__ וּבִנְיָה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ
- 19__ בָּרוּךְ אַתָּה יְהוָה, בּוֹנֵה בְּרַחֲמֵי יְרוּשָׁלַיִם אָמֵן
- 20__ הַרְחֵקנוּ, הוּא יְנַחֵלְנוּ יוֹם שְׁכָלוֹ שַׁבָּת וּמְנוּחָה לְחַיֵּי
הָעוֹלָמִים (on Shabbat)
- 21__ הַרְחֵקנוּ, הוּא יְנַחֵלְנוּ יוֹם שְׁכָלוֹ טוֹב (on a Holiday)
- 22 עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם
- 23__ עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן
- 24__ יְהוָה עֲזֵר לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם

Leader: Friends, let us bless.

Group: May the name of YHVH be blessed from now even unto all time.

Leader: May the name of YHVH be blessed from now even unto all time. With your permission friends, let us bless (our God) from whose bounty we ate.

Group: Blessed be (our God) from whose bounty we ate and by whose goodness we live.

Leader: Blessed be (our God) from whose bounty we ate and by whose goodness we live.

All: Blessed is the One and blessed be the Name.

Blessed are You YHVH our God sovereign of the universe, who in goodness nourishes the entire world with grace, with kindness, and with compassion. God gives food to all creatures, for God's kindness endures forever. Through God's great goodness to us continuously we lack nothing, and may we never lack food, for the sake of your great Name. For God is benevolent, providing nourishment and sustenance for all, does good to all, and prepares food for all creatures that God created. Blessed are you, YHVH, who nourishes all.

As it is written: "When you eat you should be satisfied and bless YHVH your God for the good land which was given you. Blessed are you YHVH for the land and for the food.

And rebuild Jerusalem the holy city speedily in our days. Blessed are you YHVH who in rebuilds Jerusalem with compassion, amen.

{On Shabbat} Compassionate One, cause us to inherit the day which will always be Shabbat, a life of eternal rest and repose.

{On a Holiday} Compassionate One, cause us to inherit the day which will always be good.

May the one who brings peace to the heavens bring peace to us all and to all Israel [and to all who dwell on earth]**. We should say, amen.

YHVH gives strength and blessing to God's people.

Words in parentheses said in the presence of a minyan of ten adults or more.

READING

CHANTING

Teacher

Date

Teacher

Date

Parent

Date

Parent

Date

WHERE FOUND

The Birkat Hamazon (Blessing, or Grace, for the Food) is prayed after eating a meal.

MAJOR THEMES

We are thankful for the food we eat.

We are thankful to God for our lives.

We are thankful to God for sustaining us and providing us with what we need to be healthy and alive.

KEY WORDS

מִזֶּן

Food / Sustenance

הַיֵּן אֶת הַכֹּל

Who Feeds / Nourishes All

אָכַלְתָּ

You Eat (Ate)

שָׂבַעְתָּ

You Are Satisfied (Were Satisfied)

בִּרְכָּתָךְ

Thank

DISCUSSION STARTER

Why do you think it is important to say a blessing AFTER eating?

Why do you think it is important to say a blessing AFTER eating especially since we say a blessing BEFORE?

What is the difference between blessing before we eat, and after we eat?