

Birkat Ha-Mazon

ברכת המזון

THE GRACE AFTER MEALS

NOTE: This text does not include the blessings added on holidays and festivals, including Rosh Chodesh. It is suitable for use on weekdays and regular Shabbats.

SHIR HA-MA'ALOT, b'shuv Adonai et shivat Tsion hayinu k'cholmim: Az yimalei s'chok pinu, u-l'shoneinu rina. Az yomru va-goyim higdil Adonai la'asot im eileh: Higdil Adonai la'asot iman, hayinu s'meichim. Shuva Adonai et sh'viteinu, ka-afikim ba-negev: Ha-zorim b'dima b'rina yik'tzoru: Haloch yeilech u-vachoh nosei meshech ha-zara, bo yavo v'rina nosei alumotav.

T'HILAT Adonai y'daber pi v'y'varech kol basar shem kadsho l'olam va-ed: Va-anachnu n'vareich Yah, mei-ata v'ad olam, halleluyah: Hodu l'Adonai ki tov, ki l'olam chasdo: Mi y'maleil g'vurot Adonai, yashmia kol t'hilato.

(Leader) RABOTAI (or CHAVERAI) N'VAREICH.

(Others) Y'hi shem Adonai m'vorach mei-atah v'ad olam.

(Leader) Y'hi shem Adonai m'vorach mei-atah v'ad olam. Birshut maranan v'rabanan v'rabotai, n'vareich eloheinu she-achalnu mishelo.

(Others) Baruch [if a minyan: eloheinu] she-achalnu mishelo, u-v'tuvo chayinu.

(Leader) Baruch [if a minyan: eloheinu] she-achalnu mishelo u-v'tuvo chayinu. Baruch hu u-varuch sh'mo.

BARUCH atah Adonai, eloheinu melech ha-olam, ha-zan et ha-olam kulo, b'tuvo, b'chein b'chesed u-v'rachamim. Hu notein lechem l'chol basar, ki l'olam chasdo. Uv'tuvo ha-gadol, tamid lo chasar lanu,

A song of ascents. When God returns the captivity of Zion, we will be like dreamers. Then our mouth will be filled with laughter and our tongue with song. Then they will say among the nations, "God has done great things for them." God has done great things for us, and we were glad. O God, return our captivity like streams in the desert. Those who sow in tears will reap in song. He who sows walks weeping, but will return in exultation, bearing his sheaves of grain.

May my mouth declare the praise of God and may all flesh bless His holy name forever. We will bless God from this time, forever, halleluyah. Give thanks to God for He is good, for his kindness endures forever. Who can express the might of God? Who can make heard all of His praise?

(L.) My teachers (or My friends), let us bless.

(O.) Blessed be the name of God from now until forever!

(L.) Blessed be the name of God from now until forever! My teachers and friends, with your permission, let us bless our God whose food we have eaten.

(O.) Blessed is our God of whose food we have eaten, and by whose goodness we live.

(L.) Blessed is our God of whose food we have eaten, and by whose goodness we live. Blessed is He and blessed is His name.

Blessed are you, Lord God, King of the universe, who feeds His whole world in His goodness, with grace, kindness, and mercy. He gives bread to all flesh, for His mercy is forever. Through his great goodness, we have never lacked,

v'al yech'sar lanu, mazon l'olam va-ed. Ba-avur sh'mo ha-gadol ki hu El zan u-m'farneis la-kol, u-meitiv la-kol, u-meichin mazon l'chol bri'otav asher bara. BARUCH ATAH ADONAI, HA-ZAN ET HA-KOL. (Amen)

NODEH L'CHA Adonai eloheinu, al she-hinchalta la-avoteinu eretz chemda tovah u-r'chavah. V'al she-hotzeitanu Adonai eloheinu mei-eretz Mitzrayim, u-f'ditanu mi-beit avadim, v'al brit'cha she-chatamta bi-v'sareinu, v'al torat'cha she-limad'tanu, v'al chukecha she-hodatanu, v'al chayim chein va-chesed she-chonantanu, v'al achilat mazon she-atah zan um'farneis otanu tamid, b'chol yom, uv'chol eit, uv'chol sha'ah.

V'AL HA-KOL Adonai eloheinu anachnu modim lach, u-m'varchim otach, yitbarach shimcha b'fi chol chai tamid l'olam va-ed. Ka-katuv, v'achalta, v'savata u-veirachta et-Adonai elohecha, al ha-aretz ha-tovah asher natan lach. BARUCH ATAH ADONAI, AL HA-ARETZ V'AL HAMAZON. (Amen)

RACHEIM Adonai eloheinu al Yisrael amecha, v'al Yerushalayim irecha, v'al Tzion mishkan k'vodecha, v'al malchut beit David m'shichecha, v'al ha-bayit ha-gadol v'ha-kadosh she-nikra shimcha alav. Eloheinu avinu, re'einu zuneinu farneseinu v'chal'keleinu v'harvicheinu, v'harvach lanu Adonai eloheinu m'heira mikol tzaroteinu. V'na al tatz'richeinu Adonai eloheinu, lo lidei mat'nat basar va-dam, v'lo lidei halva'atam, ki im l'yad'cha ha-m'leyah ha-ptuchah ha-k'doshah v'har'chavah she-lo neivosh v'lo nikaleim l'olam va-ed.

[On Shabbat: R'TZEI V'HACHALITZEINU Adonai eloheinu b'mitzvotecha, u-v'mitzvat yom ha-shvi'i

and may we never lack, food. For the sake of His great name, because He is God who feeds and helps all, and does good to all, and provides food to all of His creatures that he created. Blessed are you, Lord our God who feeds all. (Amen.)

We thank you, Lord our God because you gave our forebears as a heritage a fair, good, and spacious land, and because you brought us forth, Lord our God, from the land of Egypt and saved us from the house of slavery; and for the Covenant you sealed in our flesh; and for the Torah you taught us and for the Laws you revealed to us; and for the life, the grace, and the kindness which you granted us; and for the eating of food with which you constantly sustain us, in every day, in every season, and at every hour.

And for everything, Lord our God, we thank you and bless you. May your name blessed by the mouths of all the living, always and for eternity. As it is written: "And you shall eat and you shall be satisfied and you shall bless the Lord your God for the good land He gave you." Blessed are you, Lord, for the land and for the food. (Amen)

Have mercy, Lord our God, on Israel your people; on Jerusalem your city; on Zion, the house of your glory; on the kingship of the house of David your anointed; and on the great and holy house which is called by your name. Our God, our Father—tend us, nourish us, sustain us, support us, relieve us; Lord our God, grant us quick relief from all our troubles. And please, make us not needful, Lord our God, of the gifts of human hands, nor of their loans, but only of Your hand that is full, open, holy, and generous, that we not feel inner shame nor be humiliated ever.

[On Shabbat: Receive us and guide us, Lord our God, in your commandments and in the commandment of the seventh day,

ha-shabbat ha-gadol v'ha-kadosh ha-zeh, ki yom zeh gadol v'kadosh hu l'fanecha, lishbot bo v'lanuach bo b'avavah k'mitzvat r'tzonecha, u-virtzoncha haniach lanu Adonai eloheinu she-lo t'hei tzara v'yagon v'anacha b'yom m'nuchateinu, v'hareinu Adonai eloheinu b'nechamat Tzion irecha, u-b'vinyan Yerushalayim ir kadshecha, ki atah hu ba'al ha-yeshuot, u-va'al ha-nechamot.]

UV'NEI YERUSHALAYIM ir ha-kodesh bi-m'hera v'yameinu. BARUCH ATAH ADONAI, BONEH B'RACHAMAV YERUSHALAYIM. (Amen.)

BARUCH atah Adonai, eloheinu melech ha-olam: ha-el, avinu, malkeinu, adireinu, boreinu, go'aleinu, yotz'reinu, k'dosheinu, k'dosh Ya-akov, ro'einu, ro'ei Yisrael, ha-melech ha-tov v'ha-meitiv la-kol she-b'kol yom va-yom hu heitiv, hu meitiv, hu yeitiv lanu. Hu g'malanu, hu gom'leinu, hu yig'm'leinu la'ad l'chein ul'chesed ul'rachamim ul'revach hatzala v'hatz'lacha b'racha vishua nechama parnasa v'chalkala. V'rachamim v'chayim v'shalom v'kol tov, u-mi-kol tuv l'olam al y'chasreinu.

HA-RACHAMAN hu yimloch aleinu l'olam va-ed. (Amen.)

Ha-rachaman hu yitbarach bashamayim u-va-aretz. (Amen.)

Ha-rachaman hu yishtabach l'dor dorim v'yitpa'ar banu la'ad u-l'neitzach n'tzachim, v'yit'hadar banu la-ad u-l'olmei olamim. (Amen.)

Ha-rachaman hu y'farneseinu b'chavod. (Amen.)

Ha-rachaman hu yishbor uleinu mei-al tzavareinu v'hu yolicheinu kom'miyut l'artzeinu.

Ha-rachaman hu yishlach b'racha m'ruba ba-bayit ha-zeh, v'al shulchan zeh (knock on the table) she-achalnu alav.

this great and holy Shabbat, for this day is great and it is holy before you; to rest and repose on it lovingly according to the commandment of your will, and by your will grant us rest, Lord our God, that there be no trouble, strife, or unrest on the day of our rest. And show us, Lord our God, the comforting of Zion Your city, and the building of Jerusalem Your holy city, for You are the Master of salvation and the Master of comfort.]

And rebuild Jerusalem the holy city soon and in our days. Blessed are you, Lord, who in His mercy rebuilds Jerusalem. Amen.

Blessed are you, Lord our God, King of the universe; God, our Father, our King, Sovereign, Creator, Redeemer, Maker, our Holy One, the Holy One of Jacob, our Shepherd, Shepherd of Israel, the King Who is good and does good for all. For every day He did good, does good, and will do good for us. He was bountiful with us, is bountiful with us, and will forever be bountiful with us, with grace and with kindness and mercy, with relief, salvation, success, blessing, help, sustenance, support, mercy, life, peace, and all good; and of all good may He never deprive us.

The merciful one! May He reign over us forever!

The merciful one! May He be blessed in heaven and on earth.

The merciful one! May He be praised through all generations, may He be glorified through us forever, and be honored through us forever to eternity.

The merciful one! May He sustain us in honor.

The merciful one! May He break the yoke of oppression from our necks and guide us to our Land.

The merciful one! May He send us blessing to this house and to this table (knock on the table) at which we have eaten.

Ha-rachaman hu yishlach lanu et Eliyahu ha-Navi zachur la-tov, vivaser lanu b'sorot tovtot y'shuot v'nechamot.

Ha-rachaman hu y'vareich et kol ha-m'subim kan, otanu v'et kol asher lanu, k'mo she-nit'barchu avoteinu Avraham, Yitzchak v'Ya'akov, ba-kol mi-kol kol ... Kein y'vareich otanu kulanu yachad bi-vracha sh'leima v'nomar Amen.

BAMAROM Y'LAMDU aleihem v'aleinu z'chut she-t'hei l'mishmeret shalom. V'nisa vracha mei-eit Adonai, u-tz'daka mei-elohei yish'einu v'nimtza chein v'seichel tov b'einei elohim v'adam.

[On Shabbat: HA-RACHAMAN hu yanchileinu yom she-kulo Shabbat u-m'nucha l'chayei ha-olamim.]

HA-RACHAMAN hu y'zakeinu limot ha-mashiach ul'chayei ha-olam ha-ba.

[MIGDOL / on weekdays: MAGDIL] y'shuot malko v'oseh chesed lim'shicho l'David u-l'zaro ad olam. Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol Yisrael, v'imru amen.

Y'RU et Adonai k'doshav, ki ein machsor lireyav. K'firim rashu v'ra-civu, v'dorshei Adonai lo yach'sru kol tov. Hodu l'Adonai ki tov, ki l'olam chasdo. Potei'ach et yadecha u-masbia l'chol chai ratzon.

BARUCH HA-GEVER asher yivtach ba-Adonai, v'haya Adonai mivtacho. Na-ar hayiti gam zakanti, v'lo rayiti tzadik ne-ezav, v'zaro m'vakesh lachem. Adonai oz l'amo yitein, Adonai y'vareich et amo ba-shalom.

The merciful one! May He send us Elijah the Prophet—he is remembered for good—to proclaim good tidings, salvations, and consolation.

The merciful one! May He bless all those seated here, ours and all that is ours—just as our forefathers Abraham, Isaac, and Jacob were blessed in all, from all, and with all ... So may He bless us all together with a perfect blessing. And let us say: Amen.

On high, may merit be pleaded on them and on us, for peace. May we receive blessing from God and just kindness from the God of our salvation, and find favor and good understanding in the sight of God and man.

[On Shabbat: *The merciful one! May he grant us as a heritage the day which is all rest, and the repose of eternal life.*]

The merciful one! May He make us worthy of the Messiah and the life of the World to Come.

He [is a tower of / makes great] the salvation of His king and does kindness for His Anointed, to David and to his descendants forever. He Who makes peace in His heights, may He make peace upon us and on all Israel. And say: Amen.

Fear God, you His holy ones, for there is no deprivation for those who revere Him. Young lions may go hungry, but those who seek God will lack no good.

Give thanks to God for He is good, for eternal is His kindness. You open Your hand and satisfy the desire of all the living.

Blessed is the man who trusts in God, and God will be his security. I was a youth and now have aged, and I have never seen a righteous man forsaken, his children begging for bread. God will give strength to His people; God will bless His people with peace.