

ברכת המזון

Blessing After Bread Meals

One of the most significant things that separates us from animals is our ability to speak. Human beings can communicate how we feel and what we think in a complex way. In Judaism, our rabbis understood this when they instituted the text of "Bentching" (Blessing After Meals). By saying this blessing, we are using our words to thank God for providing the food that we just ate. This fulfills a mitzvah from the Torah, as the Torah writes: "And you shall eat and be satisfied, and bless Hashem, your God, for the good land which he has given you." (Deuteronomy 8:10)

The following is the first paragraph of the Blessing for After Bread Meals.

בְּרוּךְ אַתָּה ה'	Ba-ruch A-tah A-do-nai
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	E-lo-hei-nu Me-lech Ha-o-lam
הַזֵּן אֶת הָעוֹלָם כֹּל בְּטוֹבוֹ	Ha-zan Es Ha-o-lam Ku-lo, B'tu-vo
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים	B'chein B'che-sed Uv-ra-cha-mim
הוּא נֹתֵן לֶחֶם לְכֹל בָּשָׂר	Hu No-sein Le-chem L'chol Ba-sar
כִּי לְעוֹלָם חֶסֶדוֹ.	Kee L'o-lam Chas-do.
וּבְטוֹבוֹ הַגָּדוֹל	Uv-tu-vo Ha-ga-dol
תָּמִיד לֹא חָסַר לָנוּ	Ta-mid Lo Cha-sar La-nu
וְאֵל יַחֲסֵר לָנוּ מִזֶּן לְעוֹלָם וָעֵד	V'al Yech-sar La-nu, Ma-zon L'o-lam Va-ed.
בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל	Ba-a-vur Shi-mo Ha-ga-dol
כִּי הוּא אֵל זֶן וּמִפְרֵי נֵס לְכֹל	Kee Hu Eil Zan Um-far-neis La-kol
וּמִטִּיב לְכֹל וּמְכִין מִזֶּן	U-mei-tiv La-kol, U-mei-chin Ma-zon
לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.	L'chol B'ri-yo-sav A-sheer Ba-ra.
בְּרוּךְ אַתָּה ה' הַזֵּן אֶת הַכֹּל.	Ba-ruch A-tah A-do-nai, Ha-zan Es Ha-kol.

You are the Source of all blessing, Hashem, our God, King of the world, who provides food for the entire world in His goodness - with grace, kindness, and mercy. He gives bread to all living beings, for his kindness is everlasting. And because of His great goodness, we have never lacked food, nor will we ever lack food forever, on account of His great name, since He is God who feeds and provides for everyone, and is good to everyone and provides food for all of His creations which he brought into being.

You are the source of all blessing, Hashem, who provides food for everyone.