



# Grace after meals -

## Reciting Birkat Hamazon

וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת־יְהוָה אֱלֹהֶיךָ עַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר נָתַן לָךְ:

*When you have eaten and are satisfied, you shall bless the LORD your God for the good land which He has given you. Deut. 8:10*

Jews normally do not say “grace” *before* meals (as do many Christians), but rather *after* they have eaten. They do not “bless” the food, either, but rather acknowledge that God is the One who provides for their sustenance.

The dinner table is an altar before the LORD where we partake of other sacrificed life forms so that we ourselves might live. Therefore, after we eat our meals we offer our thanks to God for His provision and care.

The full grace said after meals, called *Birkat Hamazon*, is a rather long prayer that involves several blessings (see a good Siddur for the entire recitation). An alternative, shorter version is provided here (it is actually the first part of the entire blessing):



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הֵזֵן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ, בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.  
הוּא נוֹתֵן לָחֶם לְכָל־בָּשָׂר, כִּי לְעוֹלָם חֶסֶדוֹ.  
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ וְאֵל  
יִחָסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד, בְּעֵבֹר שְׁמוֹ הַגָּדוֹל.  
כִּי הוּא אֵל זֶן וּמַפְרִינֵם לְכָל, וּמַטִּיב לְכָל, וּמַכִּין  
מִזֶּן לְכָל־בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה יְהוָה  
הֵזֵן אֶת הַכֹּל. אָמֵן.

*Blessed are you, LORD our God, master of the universe, Who nourishes the whole world in goodness, with grace, kindness, and compassion. He gives bread to all flesh, for His mercy endures forever. And through His great goodness we have never lacked, nor will we lack food forever, for the sake of His great Name. For He is God, who nourishes and sustains all, and does good to all, and prepares food for all His creatures which He created. Blessed are You, LORD, who nourishes all. Amen.*



*Transliterated:*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha-'o-lam me-lekh e-lo-hey-nu Adonai 'at-tah ba-ruk  
*the universe king (of) our God Lord are you Blessed*

הַזֵּן אֶת הָעוֹלָם כֹּל בְּטוֹבוֹ, בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.

uv-ra-cha-mim be-che-sed be-chen be-tu-vo kul-lo ha-olam et hazzan  
*with grace, kindness, and compassion in goodness who nourishes the whole world*

הוּא נוֹתֵן לֶחֶם לְכָל-בָּשָׂר, כִּי לְעוֹלָם חֶסֶדּוֹ.

chas-do le-o-lam ki le-khol-ba-sar le-chem no-tein hu  
*His mercy endures forever for to all flesh bread gives He*

וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ

la-nu cha-seir lo ta-mid hag-ga-dol uv-tu-vo  
*we have never lacked And through His great goodness*

וְאֵל יַחְסַר לָנוּ מִזֶּן לְעוֹלָם וָעַד,

va-ed le-o-lam ma-zon la-nu yech-sar ve-al  
*forever and we will not lack food*

בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל. כִּי הוּא אֵל זֵן וּמְפָרֵס לְכֹל,

la-kol um-far-neis zan el hu ki hag-ga-dol she-mo ba-a-vur  
*who nourishes and sustains all God He is for His great Name for the sake*

וּמַטִּיב לְכֹל, וּמַכִּין מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.

ba-ra a-sher le-khol b'ri-yo-tav ma-zon u-mei-khin la-kol u-mei-tiv  
*He created which for all His creatures and prepares food and does good to all*

בְּרוּךְ אַתָּה יְהוָה הַזֵּן אֶת הַכֹּל. אָמֵן.

a-mein hak-kol et haz-zan Adonai 'at-tah ba-ruk  
*Amen who nourishes all LORD are you Blessed*



*Hebrew with Transliteration:*



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
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 כִּי הוּא אֵל זֶן וּמַפְרִיֵּס לְכָל, וּמַטִּיב לְכָל, וּמַכִּיֵּן  
 מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה יְהוָה  
 הֲזַן אֶת הַכֹּל. אָמֵן.

*Barukh attah Adonai Eloheynu melekh ha'olam  
 hazzan et ha'olam kullo betuvo, bechen bechesed uvrachamim.  
 Hu notein lechem lekhoh basar, ki le'olam chasdo.  
 Uvtuvo haggadol tamid lo chaseid lanu  
 ve'al yechar lanu mazon le'olam va'ed,  
 ba'avur shemo haggadol. Ki hu El zan umfarneis lakhoh,  
 umeitiv lakoh umeikhin mazon lekhoh b'riyotav, asher bara.  
 Barukh attah hazan et hakkol. Amen.*