



La'asok b'divrei Torah - Customary Blessing before Torah Study

נְהִי־אֶהְבֵּתִי תוֹרַתְךָ כָּל־הַיּוֹם הִיא שִׂיחָתִי:

Oh how I love your Torah! It is my meditation all the day. - Psalm 119:97

IT IS CUSTOMARY to recite a blessing before engaging in *Talmud Torah* - the study of the Torah. In the following blessing, note that the word *la'asok* means to engage, or to immerse oneself (it comes from the Hebrew root which means “busy”). This blessing, then is about 'busy'ing' ourselves with the study of Torah, taking heed of God's instruction for our lives:



Transliterated:

בְּרוּךְ	אַתָּה	יְהוָה	אֱלֹהֵינוּ	מֶלֶךְ	הָעוֹלָם,	אֲשֶׁר
barukh	attah	Adonai	elo-hey-nu	me-lekh	ha-'o-lam	a-sher
Blessed	are you	Lord	our God	king (of)	the universe	who
קִדְּשָׁנוּ	בְּמִצְוֹתָיו,	וְצִוָּנוּ	לְעַסּוֹק	בְּדִבְרֵי	תּוֹרָה.	
ki-de-sha-nu	be-mits-vo-tav	ve-tsi-va-nu	la-'a-sok	be-div-rei	to-rah	
has sanctified	in His	and	to engross	in the	of	
us	commandments	commanded us	ourselves	words	Torah	

Blessed art thou, Lord our G-d, King of the universe, who sanctifies us with Thy commandments and commanded us to engross ourselves in the words of the Torah.

Barukh attah Adonai eloheinu melekh ha-olam, asher kiddeshanu bemitzvotav, vetzivanu la'asok bedivrei Torah.