



# Birkat Hamazon ~ Grace After Meals

The commandment to thank God after a meal is of Scriptural origin: "And you shall eat and you shall be satisfied and you shall bless . . ." (Deut. 8:10). As the verse indicates, the Scriptural requirement applies only when one has eaten his/her fill. From earliest times, however, the Jewish people has undertaken to express its gratitude even after a modest meal, provided one had eaten at least as much bread as the volume of an olive. On Shabbat, Birkat Hamazon begins with Psalm 126, an ancient prophetic poem of yearning for return from the Babylonian exile. The blessing continues with an invitation, said only when three or more people are present, wherein the group "comes together" to praise God. After the invitation, there are traditionally four sections: the first thanks God for nourishment, the second for the land of Israel, the third is for Jerusalem, and the fourth section is for God's goodness. The prayer concludes with several additions. This version is accepted by most within the Reform Movement.

בשבת:

ON SHABBAT:

שִׁיר הַמַּעֲלוֹת. בְּשׁוּב יי אֶת-שִׁיבַת צִיּוֹן  
הֵיינוּ כְּחֹלְמִים.  
אֲז יִמְלֵא שְׂחֹק פִּינוּ וּלְשׁוֹנֵינוּ רִנָּה.  
אֲז יֵאמְרוּ בְּגוֹיִם: הֲגִדִיל יי לַעֲשׂוֹת עִם אֱלֹהִים.  
הֲגִדִיל יי לַעֲשׂוֹת עִמָּנוּ. הֵיינוּ שְׂמֵחִים. שׁוּבָה יי  
אֶת-שְׂבַתֵּנוּ כְּאֶפְקִים בְּנֶגֶב. הַזֹּרְעִים בְּדַמְעָה  
בְּרִנָּה יִקְצְרוּ. הַלֹּוֹץ יִלֵּף וּבִכָּה. נִשָּׂא מְשֹׁךְ-הַזֹּרֵעַ.  
בֹּא יבֵא בְרִנָּה נִשָּׂא אֲלֵמֹתָיו.

Shir Hama-a-lot, b'shuv Adonai et shivat Tzion  
hayinu k'cholmim.  
Az y'malei s'chok pinu ul-shoneinu rina,  
az yomru vagoyim: Higdil Adonai la-a-sot im eileh.  
Higdil Adonai la-a-sot imanu, hayinu s'meichim. Shuva Adonai  
et sh'viteinu ka-afikim banegev. Hazor'im b'dima  
b'rina yik-tzoru. Haloch yeileich uvacho, nosei meshech hazara.  
Bo yavo v'rina nosei alumotav.

A song of ascents. When Adonai brought the exiles back to Zion it was like a dream. Then our mouths were filled with laughter and our tongues with song. Then was it said among the nations: "Adonai has done great things for them." Truly, Adonai has done great things for us. And we rejoiced. Bring us from exile, Adonai, as the streams return to the Negev; those who sow in tears shall reap in joy. Those who go out weeping, bearing sacks of seeds, shall return with joy, bearing their sheaves.

חֲבֵרֵי נְבָרָךְ.

Leader: Chaveirai n'vareich.

יְהִי שֵׁם יי מְבָרָךְ מֵעַתָּה וְעַד עוֹלָם.

Group (Leader Repeats): Y'hi sheim Adonai m'vorach mei-atah v'ad olam.

Leader: Birshut chaverai n'vareich Eloheinu she-achalnu mishelo.

בְּרִשׁוֹת חֲבֵרֵי נְבָרָךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ.

Group (Leader Repeats): Baruch Eloheinu she-achalnu mishelo uv-tuvo chayinu.

All: Baruch hu u-varuch sh'mo.

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חֵיֵינוּ.

בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

Let us thank God. Blessed is the name of God now and forever. With your permission, let us thank God whose food we have eaten. Blessed is God whose food we have eaten and through whose goodness we live. Blessed is God and Blessed is God's name.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.  
הִזֵּן אֶת-הָעוֹלָם כְּלוֹ בְּטוֹבוֹ  
בְּחֵן בְּחֶסֶד וּבְרַחֲמִים.  
הוּא נוֹתֵן לֶחֶם לְכָל-בֶּשֶׂר כִּי לְעוֹלָם חֶסֶד.  
וּבְטוֹבוֹ הַגָּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ  
וְאֵל יִחְסַר-לָנוּ מִזֶּן לְעוֹלָם וָעֶד.  
בְּעֵבוּר שְׁמוֹ הַגָּדוֹל. כִּי הוּא אֵל זָן וּמְפָרֵס לְכָל.

Baruch atah Adonai Eloheinu melech ha-olam,  
hazan et ha-olam kulo b'tuvo  
b'chein b'chesed uv-rachamim,  
hu notein lechem l'chol-basar, ki l'olam chasdo,  
Uv-tuvo hagadol tamid lo chasar lanu  
v'al yechsar lanu mazon l'olam va-ed.  
Ba-avur sh'mo hagadol, ki hu Eil zan um-farneis lakol,  
u-meitiv lakol u-meichin mazon l'chol-b'riyotav asher bara.  
Baruch atah Adonai, hazan et hakol.



ומיטיב לכל ומכין מזון לכל-בריותיו אשר ברא:  
ברוך אתה יי, ה'זן את-הכל.

Blessed is Adonai our God, Sovereign of the universe, who sustains the entire world with goodness, kindness and mercy. God gives food to all creatures, for God's mercy is everlasting. With abundant goodness we have never lacked, and may we never lack sustenance forever in God's great name. God sustains all, does good to all, and provides food for all the creatures created. Blessed is Adonai, who provides food for all.

ועל הכל יי אלהינו אנחנו מודים לך ומברכים אותך. יתברך שמך בפי כל-חי תמיד לעולם ועד.  
כפתיב: ואכלת ושבעת וברכת את-יי אלהיך על הארץ הטובה אשר נתן לך.  
ברוך אתה יי, על הארץ ועל המזון.

V'al hakol Adonai Eloheinu anachnu modim lach um-varchim otach yitbarach shimcha b'fi chol chai tamid l'olam va-ed,  
kakatuv: V'achalta v'savata uveirachta et Adonai Elohecha al ha-aretz hatova asher natan lach.  
Baruch Atah Adonai, al ha-aretz v'al hamazon.

For all these blessings we thank Adonai our God with praise. May God's name be praised by every living being forever, as it is written: "When you have eaten your fill, give thanks to Adonai your God for the good land which God has given you." Blessed is Adonai for the land and its produce.

ובנה ירושלים עיר הקדש במהרה בימינו.  
ברוך אתה יי, בונה ברחמי ירושלים. אמן.

Uv-nei Y'rushalayim ir hakodesh bimheira v'yameinu.  
Baruch atah Adonai, boneh v'rachamav Y'rushalayim. Amen.

May God rebuild Jerusalem, the holy city, speedily in our lifetime. Blessed is Adonai, who restores Jerusalem with mercy. Amen

הרחמן, הוא ימלך עלינו לעולם ועד

Harachaman, hu yimloch aleinu l'olam va'ed

הרחמן, הוא יתברך בשמים ובארץ

Harachaman, hu yitbarach bashamayim uva'aretz

הרחמן, הוא ישלח ברכה מרבה בבית הזה ועל שלחן זה שאכלנו עליו.

Harachaman, hu yishlach b'racha m'ruba babayit hazeh v'al shulchan zeh she-achalnu alav.

הרחמן, הוא יברך את כל אחנו בית ישראל הנתונים בצרה ויוציאם מאפלה לאורה.

Harachaman, hu y'variech et kol acheinu beit Yisrael han'tunim betzarah, v'yotzi-eim mei-afeilah l'orah.

May the Merciful One Rule over us forever and ever. May the Merciful One be blessed in heaven and on earth.

May the Merciful One send abundant blessing upon this dwelling and the table at which we have eaten.

May the Merciful One bless all of our brothers and sisters of the house of Israel who are now oppressed and bring them from darkness into light.

בשבת:

ON SHABBAT:

הרחמן, הוא ינחילנו יום שכלו שבת ומנוחה לחיי העולמים.

Harachaman, hu yan-chileinu yom shekulo Shabbat um-nucha l'chayei ha-olamim.

May the Merciful One grant us a world that shall be entirely Shabbat and eternal rest.

עושה שלום במרומו הוא יעשה שלום עלינו ועל כל-ישראל, ואמרו אמן.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol Yisrael, v'imru amein.

יי עז לעמו יתן יי יברך את-עמו בשלום:

Adonai oz l'amo yitein Adonai y'vareich et-amo vashalom.

May the One who makes peace in the heavens let peace descend on all us, and let us say Amen.

May Adonai give strength to our people; may Adonai bless our people with peace.

