



BIRKAT HAMAZON

The Blessing following a Meal

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הֵזֵן אֶת הָעוֹלָם כְּלוּ בְטוֹבוֹ, בְּחֵן בְּחָסֵד וּבְרַחֲמִים.
הוּא נוֹתֵן לֶחֶם לְכָל-בָּשָׂר, כִּי לְעוֹלָם חָסֵדוֹ.
וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ וְאֵל
יְחָסַר לָנוּ מִזֶּן לְעוֹלָם וָעֶד, בְּעֵבֹר שְׁמוֹ הַגָּדוֹל.
כִּי הוּא אֵל זֶן וּמְפָרֵס לְכָל, וּמְטִיב לְכָל, וּמַכִּיֵּן
מִזֶּן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא.
בְּרוּךְ אַתָּה יְהוָה הֵזֵן אֶת הַכֹּל. אָמֵן.

Baruch atah Adonai Eloheinu, Melech ha'olam,
Hazan et ha'olam kulo betuvo, bechen bechesed uv'rachamim.
Hu notein lechem lechol-basar, ki le'olam chasdo.
Uvtovo hagadol imanu lo chaseir lanu ve'al
yechsar lanu mazon le'olam va'ed, ba'avur shemo hagadol.
Ki hu El zan umfarneis lachol, umeitiv lachol umeichin
mazon lechol b'riyotav asher bara,
Baruch atah Adonai, hazan et hachol. Amen

Blessed are You, Lord our God, King 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