

Grace after Meals –Birkat HaMazon

by Rabbi Edward L. Nydle

Step by Step for Beginners

HOW TO

When three or more men have eaten together, one invites the others to join him in the Blessing after the Meal:

Leader: Rabosai n'voraych.

My friends, let us say the blessing.

The **others** answer

Y'hi shaym Yahweh may-atoh
v'ad olom.

May the name of Yahweh be blessed from now and forever more.

The **leader** repeats:

Y'hi shaym Yahweh m'voroch may-atoh
v'ad olom.

May the name of Yahweh be blessed from now and forever more.
and **he** continues:

Birshus

If his father is present he adds

ovi mori

If he is a guest at someone else's table he adds

ba'al habayis
moronon v'rabanon v'rabosai n'voraych

If there are ten men present he adds

Elohaynu
she-ochalnu mishelo

With the consent of (my honored father and) (our host and) all present, let us bless Him (our Elohim) whose food we have eaten.

The **others** say

Boruch (Elohaynu) she-ochalnu
mishelo uvtuvo choyinu.

Blessed is He (our Elohim) whose food we have eaten and through those goodness we live.

Individuals begin here:

2. Boruch atoh Yahweh, Elohaynu
melech ho-olom, hazon es
ho-olom kulo b'tuvo b'chayn
b'chesed uvrachamim hu
nosayn lechem l'chol bosor, ki
l'olom chasdo. Uv'tuvo
hagodol tomid lo chosar
lonu v'al yechar lonu mozon
l'olom vo-ed. Ba-avur sh'mo
hagodol ki hu ayl zon
umfarnays lakol umaytiv lakol
umaychin mozon l'chol b'riyosov
asher boro. Boruch atoh
Yahweh, hazon es hakol.

You are blessed, Yahweh our Elohim, the sovereign of the world, who provides food for the entire world in his goodness, with grace, kindness and mercy; He supplies bread for all living beings, for His kindness is everlasting. Because of His great goodness, we have never lacked food, nor will we ever lack it-- on account of His great name-- since He is Elohim who feeds and provides for all and is good to all, and who supplies food for all His creatures which He brought into being. You are blessed, Yahweh, who provides food for all.

3. Nodeh l'cho Yahweh Elohaynu al
shehinchalto la-avosaynu eretz
chemdoh tovoh urchovoh,
v'al shehotzaysonu Yahweh
Elohaynu may-eret mitzra-yim
ufdisonu mibays avodim,
v'al b'ris'cho shechosamto
bivsoraynu, v'al toros-cho
shelimadtonu, v'al chukecho
shelhodo-tanu, v'al cha-yim chayn
vochesed shechonantonu, v'al
achilas mozon sho-atoh zon
umfarnays osonu tomid
b'chol yom uvchol aysmelech ho-olom, hazon es
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vochesed shechonantonu, v'al
achilas mozon sho-atoh zon
umfarnays osonu tomid
b'chol yom uvchol ays
uvchol sho-oh.

We thank You, Yahweh our Elohim, for having given the heritage of a lovely, fine and spacious land to our fathers, and for having brought us out, Yahweh our Elohim, from Egypt, and for rescuing us from slavery, and also for Your covenant which You sealed in our flesh, as well as for Your Torah which You taught us, and Your laws of which You told us, and for the life, grace and kindness You have granted us, and for the food which You supply and provide for us constantly, every day, all the time, and at every hour.

5. V'al hakol Yahweh Elohaynu
anachnu modim loch
umvorchim osoch yisborach
shimcho b'fi chol chai tomid
l'olom vo-ed. Kakosuv,
v'ochalto v'sovo-to uvayracho
es adonoy elohecho al ho-oretz
hatovoh asher nosan loch.
Boruch atoh Yahweh, al ho-oretz
v'al hamozon.

So for everything, Yahweh our Elohim, we thank You and bless You-- may Your name be blessed in the speech of all living beings, constantly, for all time. For it is written: "And you shall eat, and be satisfied, and bless Yahweh your Elohim for the good land He gave you." You are blessed, Yahweh, for the land and for the food.

6. Rachaym Yahweh Elohaynu al
yisro-ayl amecho v'al
y'rushola-yim irecho v'al tziyon
mishkan k'vodecho v'al
malchus bays dovid m'shichecho
v'al haba-yis hagadol
v'hakodosh shenikro shimcho
olov. Elohaynu ovinu r'aynu
zunaynu parn'saynu v'chalk'laynu
v'harvichaynu v'harvach lonu adonoy
elohaynu m'hayroh mikol
tzorasaynu. V'no al
tatzirchaynu Yahweh elohaynu lo
liday matnas bosor vodom
v'lo liday halvo-osom, ki
im l'yodcho hamalay-oh
hapsucho hakadoshoh
v'horchovoh, shelo nayvosh
v'lo nikolaym l'olom vo-ed.

Have mercy, Yahweh our Elohim, on Yisrael Your people, on Jerusalem, Your city, on Zion the home of your glory, on the kingdom of the house of David Your annointed one, and on the great and holy house which is called by Your name. Our Elohim, our Father-- look after us and feed us, give us a livelihood and support us, and provide a respite for us-- a respite for us, Yahweh our Elohim, soon, from all our troubles. And please, let us not be dependent, Yahweh our Elohim, neither on a gift, nor on a loan from a human being, but rather on Your full, open, holy and generous hand, so that we should never feel embarrassed or ashamed.

Special paragraph for Shabbat:

7. R'tzayh v'hachalitzaynu Yahweh
Elohaynu b'mitzvosecho
umitzvas yom hasvi-i
hashabbat hagadol v'hakodosh
hazeh. Ki yom zeh godol
v'kodosh hu l'fonecho
lishbos bo v'lonuach bo b'ahavoh k'mitzvas r'tzonecho.
Uvirtzoncho honiyach lonu Yahweh
elohaynu shelo s'hay tzoroh
v'yogon va-anachoh b'yom
m'nuchosaynu. V'har-aynu Yahweh
Elohaynu b'nechomas tziyon
irecho uv'inyan y'rushola-yim
ir kodshecho ki atoh hu
ba-al ha-y'shu-os uva-al hanechomos

Be pleased, Yahweh our Elohim, to strengthen us through Your commandments, especially the commandment of the seventh day, this great and holy Shabbat. For this is indeed a great and holy day for You; to rest and be at ease, with loving concern for the command of Your will. So may it please You to grant us rest, Yahweh our Elohim, with no trouble, or unhappiness, or weeping on our day of rest. And let us witness, Yahweh our Elohim, the consolation of Zion, Your city, and the building up of Jerusalem, Your holy city, for you are the Master of redemption, and the Master of consolation.

8. Uvnayh y'rushola-yim ir
hakodesh bimhayroh v'yomaynu.
Boruch atoh Yahweh, boneh
v'rachamov y'rusholoyim. Omayn.

And may You build up Jerusalem, the holy city, rapidly in our lifetimes, You are blessed, Yahweh, who in His mercy, builds up Jerusalem. Amein.

9. Boruch atoh Yahweh, Elohaynu
melech ho-olom, ho-ayl ovinu
malkaynu adiraynu bor-aynu
go-alaynu yotzraynu k'doshaynu
k'dosh Ya-akov, ro-aynu ro-ayh
yisro-ayl hamelech hatov
v'hamaytiv lakol shebchol yom
voyom hu haytiv hu
maytiv hu yaytiv lonu.
Hu g-molону hu gomlaynu
hu yigm'laynu lo-ad l'chayn
l'chesed ulrachamim ulrevach
hatzolah v'hatzlachoh b'rochoh
vishu-oh nechomoh parnosoh
v'chalkoloh v'rachamim v'cha-yim
v'sholom v'chol tov, umikol
tov l'olom al y'chasraynu.

You are blessed, Yahweh our Elohim, the sovereign of the world—Elohim who is our father, our king, our mighty one, our creator, our redeemer, our maker, our holy one-- the holy one Ya'akov; our shepherd-- the shepherd of Yisrael; the king who is good and does good to all, who each and every day has been good, is good and will be good to us. He gave, gives, and will always give us grace, kindness and mercy, and respite, deliverance and success, blessing and salvation, comfort, a livelihood and sustenance, and mercy and life and peace and everything that is good-- and may He never let us lack anything that is good.

This is the end of the bentching at the very minimum. The following are additional blessings, including blessings for your family, that are, although optional, added by many at each bentching

10. Harachamon hu yimloch olaynu
l'olom vo-ed. Harachomon hu
yisborach bashoma-yim uvo-oretz.
Harachomon hu yishtabach
l'dor dorim v-yispo-ar bonu
l'naytzach n'tzochim v'yis-hadar
bonu lo-ad ul-olmay
olomim. Horachamon hu
y'farn'saynu b'chovod. Horachomon
hu yishbor ulaynu may-al
tzavoraynu v'hu yolichaynu
komami-us l'artzaynu.
Horachamon hu yishlach
b'rochoh m'ruboh baba-yis hazeh
v'al shulchon zeh she-ochalnu
olov. Horachamon hu yishlach
lonu es aylio hu hanovi
zochur latov vivaser lonu
b'soros tovos y'shu-os
v'nechomos.

The Merciful One-- He will rule over us forever. May the Merciful One be blessed in heaven and on earth. May the Merciful One be praised for generation upon generation, and may He be glorified through us forever and ever, and may He be honored through us eternally. May the Merciful One grant us an honorable livelihood. May the Merciful One break the yoke from our neck and lead us upright to our land. May the Merciful One send a plentiful blessing on this house and on this table at which we have eaten. May the Merciful One send us Elijah the prophet-- who is remembered for good-- who will bring us good tidings of salvation and comfort.

These personal blessings are added according to the individual circumstances:

11. Harachomon hu y'voraych

May the Merciful One bless

for one's parents:

es ovi mori (ba-al
haba-yis hazeh) v'es imi
morosi (ba-alas haba-yis
hazeh), osom v'es kol asher lohem,

my honored father (the man of this house) and my honored mother (the woman of this house) them, together with their household, their children and everything that is theirs.

for oneself and one's own family:

osi v'es ishti (ba-ali)
v'es zar-i v'es kol asher
li,

me, my wife (my husband), together with everything that is mine,

for one's hosts:

es ba-al haba-yis hazeh,
osom v'es baysom v'es
zar-om v'es kol asher
lohem,

the man of this house and the woman of this house-- them, together with their household, their children
and everything that is theirs.

for others present:

v'es kol hamsubin kon,
and all who are seated here,
--osonu v'es kol asher
lonu, k'mo shenisborchu
avosaynu Avrohom Yitzchok
v'Ya-akov bakol mikol kol, kayn
y'voraych osonu kulonu yachad
bivrochoh sh'laymoh, v'nomar
omayn.

--us, together with all that is ours, just as our fathers, Avraham, Yitzkak and Ya'akov, were blessed--
totally--so may He bless us, all of us together, with a complete blessing, and let us say, Amein.

12. Bamorom y'lamdu alayhem
v'olaynu z'chus shet-hay
l'mishmeres sholom. V'niso
v'rochoh may-ays adonoy utzdokoh
may-elohay yish-aynu. V'nimtzo
chayn v'saychel tov b'aynay
elohim v'odom. for one's hosts:
es ba-al haba-yis hazeh,
osom v'es baysom v'es
zar-om v'es kol asher
lohem,

the man of this house and the woman of this house-- them, together with their household, their children
and everything that is theirs,

for others present:

v'es kol hamsubin kon,
and all who are seated here,
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Amein.

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chayn v'saychel tov b'aynay
elohim v'odom.

May a plea be heard on high, for them and for us, which will result in the security of peace. So may we receive a blessing from Yahweh and righteousness from the Elohim of our salvation. So may we find favor and understanding in the sight of Elohim and man.

On Shabbat:

14. Harachomon hu yanchilaynu yom
shekulo shabbat umnuchoh
l'cha-yay ho-olomim.

May the Merciful One bring us the day which will be totally Shabbat and rest, in everlasting life.

15. Harachomon hu y'zakaynu limos
hamoshiach ulcha-yay ho-olom
habo.

May the Merciful One make us worthy of experiencing the days of the Moshiach and the life of the world to come.

Migdol
y'shu-os malko v'oseh
chesed limshicho l'dovid
ulzar-o ad olom. Oseh
sholom bimromov hu
ya-aseh sholom olaynu v'al
kol yisro-ayl, v'imru omayn.

He brings about great victories for His king and shows kindness to his anointed one-- to David and to his descendants forever. He who makes peace in His high places, may He bring about peace for us and for all Yisrael, and say, Amein.

16. Y'ru es Yahweh k'doshov ki
ayn machsor liray-ov.
K'firim roshu v'ro-ayvu
v'dorshay Yahweh lo yachs'ru chol
tov. Hodu ladonoy ki tov ki
l'olom chasdo. Posayach

es yodecho umasbi-a l'chol
chai rotzon. Boruch hagever
asher yivtach badonoy v'hoyoh Yahweh
mivtacho. Na-ar hoyisi
gam zokanti v'lo ro-isi
tzadik ne-ezov v'zar-o
m'vakesh lochem. Yahweh oz l'amo
yitayn Yahweh y'voraych es amo
vasholom.

Stand in awe of Yahweh, you who are His holy ones, for there is nothing lacking to those who stand in awe of Him. Even young lions suffer want and hunger, but those who seek Yahweh will not lack any good thing. Give thanks to Yahweh, for He is good, for His kindness is everlasting. You open Your hand and satisfy the desire of all living. Blessed is the man who trusts in Yahweh, and who makes Yahweh the object of his trust. I was young and I have become old, and yet I never overlooked a deserving man who was destitute, with his children begging for bread. May Yahweh give strength to His people; May Yahweh bless his people with peace.
You shall lack nothing on the Shabbat.
Eat, be satisfied and bless your Elohim
whom you love, because He has blessed
you beyond all nations.
Zemiroth (A Shabbat Song)
