

ברכת המזון
Birkat HaMazon
Grace After Meals
(First Blessing)

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם
כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא נוֹתֵן לָחֶם לְכֹל
בְּשֵׁר כִּי לְעוֹלָם חֲסֵדוֹ. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר
לָנוּ, וְאֵל יַחְסֵר לָנוּ מִזֹּן לְעוֹלָם וָעֶד. בְּעִבּוֹר שְׁמוֹ
הַגָּדוֹל, כִּי הוּא אֵל זֶן וּמְפָרֵס לְכֹל וּמְטִיב לְכֹל, וּמְכִיֵּן
מִזֹּן לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יְיָ, הַזֵּן אֶת
הַכֹּל.

*Baruch atah adonai, eloheynu melech ha-olam, hazan et ha-olam kulo
b'tuvo b'chein b'chesed uv'rachamiym, hu notein lechem l'chal basar
kiy l'olam chas'do. Uv'tuvo hagadol tamiyd lo chaser lanu, v'al
yech'sar lanu mazon l'olam va-ed. Ba-avur sh'mo hagadol, kiy hu
eil zan um'far'neis lakol umeitiyv lakol, umeichiyn mazon l'chal
b'riyotayv asher bara. Baruch atah adonai, hazan et hakol.*

Blessed are You, Lord our God, King of the universe, who, through His goodness, nourishes the whole world with grace, loving kindness and compassion. Indeed, "He gives bread to all flesh because His loving kindness endures forever." His great goodness, with which we are sustained, has never diminished toward us; nor will it ever, for the sake of His great Name. He is God who provides nourishment for all, and who does good to all. He provides food for all His creation. Blessed are You, Lord, who provides food for all.

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