Blessings
After Meals

On Shabbat, holidays and other festive occasions:


When the Lord brought our exiles back to Zion, it was like a dream. Then our mouths were filled with laughter, joyous song was on our tongues. Then it was said among the nations:

"The Lord has done great things for them." Great things indeed He did for us; therefore we rejoiced. Bring back our exiles, Lord, as You bring back streams to Israel’s desert soil. Those who sow in tears shall reap with joyous song. A hungry man will plant in sadness, bearing his few sacks of seed; but he will come home in gladness, bearing ample sheaves of grain.

When three or more adults have eaten together, one of them formally invites the others to join in these blessings. (When ten or more are present, add the Hebrew word in parentheses.)

Rabbotai, nevaraykh.

Friends, let us give thanks.

The others respond, and the leader repeats:

Yehi shem Adonai mevorakh may’atah ve’ad olam.

May the Lord be praised, now and forever.
The leader continues:
Bireshut rabotai, nevaraykh (Elohaynu) she’akhalnu mishelo.
With your consent, friends, let us praise God of whose food we have partaken.

The others respond, and the leader repeats:
Barukh (Elohaynu) she’akhalnu mishelo uvetuvo qa’yinu.
Praised be our God of whose food we have partaken and by whose goodness we live.

Leader:
Barukh hu uvarukh shemo.
Praised be He and praised be His name.

Barukh atah Adonai, Elohaynu melekh ha’olam, hazan et ha’olam kulo betuvo, be’hayn, be’hesed, uveretbamim. Hu notayn le’hem lekhol basar, ki le’olam ha’sado. Uvetuvo hagadol, tamid lo hasar lanu, ve’al ye’asher lanu mazon le’olam va’ed ba’avur shemo hagadol, ki hu zan umefarnays lakol, umaytiv lakol, umaykhin mazon lekhol beriyotav asher bara. Barukh atah Adonai, hazan et hakol.
Praised are You, Lord our God, King of the universe who sustains the whole world with kindness and compassion. You provide food for every creature, for Your love endures forever. Your great goodness has never failed us. Your great glory assures us nourishment. All life is Your creation and You are good to all, providing every creature with food and sustenance. Praised are You, Lord who sustains all life.

We thank You, Lord our God, for the pleasing, ample, desirable land which You gave to our ancestors, for the covenant and Torah, for life and sustenance. May You forever be praised by all who live, as it is written in the Torah: "When you have eaten your fill, you shall praise the Lord your God for the good land which He has given you." Praised are You, Lord, for the land and for sustenance.

 gracias a usted, Señor nuestro Dios, por la tierra productiva y abundante, por la buena tierra y por su bondad. Y sea bendito el día en que entramos a la tierra bendita. Barukh atah Adonai, el que ha bendecido la tierra. }

 Nodeh lekha Adonai Elohaynu al shehin-

...

Build up Jerusalem, the holy city, in our time. Praised are You, Lord, who in His mercy rebuilds Jerusalem.

Barukh atah Adonai, Elohaynu melekh ha’olam, hamelekh hatov vehamaytiv lakol. Hu haytiv, hu maytiv, hu yaytiv lanu. Hu gemalanu, hu gomlaynu, hu yigmilaynu la’ad ḥayn vahesed veraḥamim, viyazakaynu liymot hamashaḥaḥ.

Praised are You, Lord our God, King of the universe, who is good to all, whose goodness is constant throughout all time. Favor us with kindness and compassion now and in the future as in the past. May we be worthy of the days of the messiah.

Ḥaraḥaman hu yeveraykh et ha-aret hazot ve’yagayn aleha.

May the Merciful bless this land and protect it.

Ḥaraḥaman hu yeveraykh et ahaynu benay Yisra’el hanetunim betzarah, ve’yotzi’aym may’afayah le’orah.

May the Merciful bless all of our people who suffer and bring them out of darkness into light.

Ḥaraḥaman hu yeveraykh et medinat Yisra’el, rayshit tzemiḥat ge’ulataynu.

May the Merciful bless the State of Israel, the dawn of our redemption.

On Shabbat:

Ḥaraḥaman hu yanḥilaynu yom shekulo Shabbat umenuḇah leḥa’yay ha’olamim.

May the Merciful grant us a day of true Shabbat rest, reflecting the life of eternity.

On Rosh Ḥodesh:

Ḥaraḥaman hu yeḥadaysh alaynu et haḥodesh hazeh letovah velivrakhah.

May the Merciful renew this month for goodness and blessing.

On Festivals:

Ḥaraḥaman hu yanḥilaynu yom shekulo tov.

May the Merciful grant us a day filled with the spirit of the Festival.
On Ḥol Hamo’ed Sukkot:

Haraḥaman hu yakeim lanu et sukkat David
hanofalet.

May the Merciful raise the fallen sukkah of David.

On Ḥanukkah:

Haraḥaman hu ya’aseh lanu nisim venifi’aot
kemo she’asah la’avotaynu biyam Matityahu uvanav.

May the Merciful grant us the miracle of deliverance as He did for our ancestors in the days of Mattathias and his sons.

On Purim:

Haraḥaman hu ya’aseh lanu nisim ve’nifi’aot
kemo she’asah la’avotaynu biyam Mordekhai ve’Estayr.

May the Merciful grant us the miracle of deliverance as He did for our ancestors in the days of Mordecai and Esther.

On Israel’s Independence:

Haraḥaman hu ya’aseh lanu nisim ve’nifi’aot
kemo she’asah le’amaraynu biyam hashavat banim legevulam.

May the Merciful grant us the miracle of deliverance as He did for our people when He restored them to the land of Israel.

Venisa verakhah may’ayt Adonai utzedakah may’Elohay yishaynu. Venimtzat ḥayn vesaykhal tov be’aynay Elohim ve’adam. Oseh shalom bimromav hu ya’aseh shalom alaynu ve’al kol Yisra’el. Ve’imru Amen.

May we receive blessings from the Lord, lovingkindness from the God of our deliverance. May we find grace and good favor before God and all people. May He who brings peace to His universe bring peace to us, to all the people Israel and to all mankind. And let us say: Amen.

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