

## Blessings before Food and Drink

### Blessing of the Washing of Hands

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',  
blessed (are) You, Adonai G-d our, King (of) the universe,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

A-sher' kid-sha'-nu be-mits-vo-tav' ve-tsi-va'-nu  
Who sanctified us with commandments His and commanded us

עַל נְטִילַת יְדָיִם .

al ne-ti-lat' \* ya-da'-yim\*\*.  
about lifting up of both hands .

\*from the root נטל defined by Klein (p. 413) as: to lift, bear, take, and  
"ne-ti-lah" defined as "taking, lifting, carrying."

\*\*the suffix "-a'-yim" means two of whatever the main root signifies; in this case two  
hands. pa-a-ma'-yim = two times; ei-na'-yim = two eyes; chod-sha'-yim = two months, etc.

### Blessing over Bread

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',  
blessed (are) You Adonai God our King (of) the universe

הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ

ha- mo-tsi' le'-chem min ha-a'-rets .  
the (One Who) brings out bread from the earth .



Before eating other products of wheat, barley, rye, oats or spelt (some say also rice):

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',  
blessed (are) You Adonai God our King (of) the universe

בוֹרֵא מִיְי מְזוֹנוֹת .

bo-re' mi-nei' me-zo-not'.  
creator of varieties of foods



Before drinking grape juice or wine made from grapes:

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',  
blessed (are) You Adonai God our King (of) the universe

בוֹרֵא פְרֵי הַגָּפֶן .

bo-re' pe-ri' ha-ga'-fen .  
(One Who) creates of fruit (of) the vine



Before eating fruit of a tree:

בְּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch' A-tah', Adonai E-lo-hei'-nu, Me'-lech ha-o-lam',  
blessed (are) You Adonai God our King (of) the universe

# בוֹרָא פְּרִי הָעֵץ .

bo-re'                      pe-ri'                      ha-etz' .  
(One Who) creates      fruit (of)      the tree.

☆                      ☆                      ☆

Before eating produce which grew directly out of the earth:

בָּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch'      A-tah',      Adonai      E-lo-hei'-nu,      Me'-lech      ha-o-lam',  
blessed (are)      You      Adonai      God our      King (of)      the universe

# בוֹרָא פְּרִי הָאֲדָמָה

bo-re'                      pe-ri'                      ha-a-da-mah'.  
(One Who) creates      fruit (of)      the earth

☆                      ☆                      ☆

Before eating or drinking other foods:

בָּרוּךְ אַתָּה , יי אֱלֹהֵינוּ , מֶלֶךְ הָעוֹלָם ,

Ba-ruch'      A-tah',      Adonai      E-lo-hei'-nu,      Me'-lech      ha-o-lam',  
blessed (are)      You      Adonai      God our      King (of)      the universe

# שֶׁהַכֹּל נִהְיָה בְּדַבָּרוֹ .

she-ha-kol'                      ni-he-yeh'                      bi-de-va-ro'.  
that the all (everything)      becomes, comes to exist      by word His  
(passive of the verb "to be")

☆                      ☆                      ☆