

What is a Blessing?

בְּרַכָּה

Shoresh (root): ב. ר. כ.

Definition:

1) to bend/humble oneself, as in bend the knee *berech*

2) to overflow, as in a overflowing spring of water *bereicha*

God Blesses Humanity (and the World by extension)

- וַיִּבְרָא אֱלֹהִים | אֶת־הָאָדָם בְּצַלְמוֹ בְּצִלְמֵ
אֱלֹהִים בָּרָא אֹתוֹ זָכָר וּנְקֵבָה בָּרָא אֹתָם:
וַיְבָרֶךְ אֹתָם אֱלֹהִים וַיֹּאמֶר לָהֶם אֱלֹהִים
פְּרוּ וּרְבוּ וּמְלֵאוּ אֶת־הָאָרֶץ וְכִבְשׁוּהָ וּרְדּוּ
בַּדָּגַת הַיָּם וּבַעֲוֹף הַשָּׁמַיִם וּבְכָל־חַיָּה
הָרֹמֶשֶׂת עַל־הָאָרֶץ:
Genesis: 1:27-28
- 27 And God created man in His image, in the
image of God He created him; male and
female He created them.
28 God blessed them and God said to them,
“Be fertile and increase, fill the earth and
master it; and rule the fish of the sea, the
birds of the sky, and all the living things
that creep on earth.”

God Blesses the Sabbath (and Time by extension)

- וַיִּכְלֻ הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם:
וַיִּכְלֵ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר
עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכָל־מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה:
וַיְבָרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ
אֹתוֹ כִּי בּוֹ שָׁבַת מְכָל־מְלַאכְתּוֹ אֲשֶׁר־בָּרָא
אֱלֹהִים לַעֲשׂוֹת: (פ)
Genesis: 12:1-3
- 1 The heaven and the earth were finished,
and all their array.
2 On the seventh day God finished the work
that He had been doing, and He ceased on
the seventh day from all the work that He
had done.
3 And God blessed the seventh day and
declared it holy, because on it God ceased
from all the work of creation that He had
done.

God Blesses Abraham (and the Jewish People by extension)

- וַיֹּאמֶר יְהוָה אֶל־אַבְרָם לֵךְ־לָךְ מֵאֶרֶץ
וּמִמּוֹלַדְתְּךָ וּמִבֵּית אָבִיךָ אֶל־הָאָרֶץ אֲשֶׁר
אֲרָאָךְ:
וְאֶעֱשֶׂךָ לְגוֹי גָּדוֹל וְאַבְרָכָךָ וְאֶגְדָּלְךָ שְׁמִי
וְהָיָה בְרָכָה:
וְאַבְרָכָה מְבָרְכֶיךָ וּמְקַלְלֶיךָ אָאָר וְנִבְרָכוּ
בְּךָ כָּל־מִשְׁפָּחוֹת הָאָדָמָה:
Genesis: 12:1-3
- 1 The LORD said to Abram, “Go forth
from your native land and from your
father’s house to the land that I will show
you.
2 I will make of you a great nation, And I
will bless you; I will make your name
great, And you shall be a blessing.
3 I will bless those who bless you And curse
him that curses you; And all the families of
the earth Shall bless themselves by you.”



Boys:

יְשִׁימְךָ אֱלֹהִים
כְּאַפְרַיִם וּכְמִנְשֶׁה

*May God Place you
like Ephraim and Menashe*

Girls:

יְשִׁימְךָ אֱלֹהִים
כְּשָׂרָה, רִבְקָה, רָחֵל וְלֵאָה

*May God Place you
like Sarah, Rebecca, Rachel and Leah*

May God bless you and watch over you.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

May God shine His face toward you and show you favor.

יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

May God be favorably disposed toward you and grant you peace.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לָךְ שָׁלוֹם

4 Formulas of Blessings

Opening

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ
פוֹקֵחַ עוֹרִים
מַלְבִּישׁ עֲרֻמִּים

Opening + Mitzva

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְעֲסוֹק בְּדִבְרֵי תוֹרָה
עַל מַצּוֹת צִיצִית
עַל נְטִילַת יָדַיִם

Opening + Closing

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ
בְּרוּךְ אַתָּה ה' נוֹתֵן הַתּוֹרָה

Closing follows an opening Bracha

אַתָּה חוֹנֵן לְאָדָם דַּעַת וּמַלְמֵד לְאָנוּשׁ בִּינָה חֲנֻנּוּ מֵאֲתֶךָ דַּעַת בִּינָה וְהַשְׁכֵּל
בְּרוּךְ אַתָּה ה' חוֹנֵן הַדַּעַת

3 Types of Brachot

בְּרַכּוֹת הַנֶּהֱנִין

birkhot ha'nehenin

(over pleasurable things)

בְּרַכּוֹת הַמִּצְוֹת

birkhot ha'mitzvot

(over Mitzvas)

בְּרַכּוֹת שִׁבְחָה וְהוֹדָאָה

birkhot ha'shevach v'ha'hodaya

(in gratitude and recognition of Hashem's works)

בְּרָכוֹת הַנְּהֵנִין
birkhot ha'nehenin
(over pleasurable things)

**Blessings over Foods: Bread, Wine, Grains,
Vegetables, Fruit,
Everything Else**

Blessings after Eating: Full Meals & Snacks

Blessings over Fragrances: Besamim (from Havdala)

בְּרָכוֹת הַמִּצְוֹת
birkhot ha'mitzvot
(over Mitzvot)

Blessings over Commandments:

Learning Torah
Washing hands before eating Bread
Shabbat & Hannukah Candles
Eating Matzah & Maror
Putting up a Mezuzah
Shake Lulav & Etrog
Sit in a Sukkah
Blow Shofar
Tzitzit, Tallis, Tefillin
Separate Challah
etc

בְּרָכוֹת שֶׁבַח וְהוֹדָאָה

birkhot ha'shevach v'ha'hodaya

(in gratitude and recognition of Hashem's works)

Blessings of the Daily Prayers:

Birkot HaShachar (Morning Blessings)

Silent Amida - (*Shemona Esrei* - 18 Blessings)

Aliyot (Honors) of the Torah

Blessings on Good News, Bad News, Firsts (Shehechiyanu)

Blessings on Natural Wonders:

Lighting, Thunder, Rainbows

Large Mountains, Seeing the Ocean

Blessings on Going to the Bathroom!

Can find many more in the Siddur!