

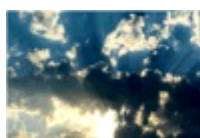
# Birkat HaGomel -

## Thanking God for Deliverance

The Birkat HaGomel is recited upon emerging in good health from any of these situations:

1. Upon return from dangerous travel
2. Upon recovery from an illness
3. Upon release from prison
4. Upon deliverance from an earthquake or other natural disaster
5. For any occasion when you were spared trouble or pain....

Often this blessing is recited in the synagogue, in the presence of a minyan, as a public acknowledgment of God's deliverance:



ברוך אתה יהוה אלהינו מלך העולם,  
הגומל לחיבים טובות, שגמלני כל טוב.

*Blessed are Thou, LORD our God, King of the universe,  
Who gives good to sinners, even as He has given to me every good.*

Note: After the blessing is recited, the congregation normally responds: *mi shegmalkha kol tuv, hu yigmalkha kol tuv. Selah.*

### Transliterated:

ברוך אתה יהוה אלהינו מלך העולם,  
ha-'o-lahm' me'-lekh e-lo-hei'-noo Adonai at-tah' ba-rookh'  
the universe King of our God LORD are You Blessed

הגומל לחיבים טובות, שגמלני כל טוב.  
tov kol she'-ge-ma-la'-nee tov-voht' le'chai-ya-veem' ha'go-mel'  
every good who gave to me good things to sinners who gives

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