Birchot Hatorah

Before Aliyah

Barchu et Adonai ham'vorach.

Bless Adonai, the blessed One.

Baruch Adonai ham'vorach l'olam va'ed.

Blessed is Adonai, the blessed One for all eternity.

Baruch atah Adonai,
Eloheinu melech ha'olam,
asheir bachar banu mikol ha'amim,
v'natan lanu et torato.
Baruch atah Adonai,
otein hatorah.

Blessed are You, Adonai, Ruler of the universe, who chose us from all the nations and gave us His Torah. Blessed are You, Adonai, Giver of the Torah.

After Aliyah

Baruch atah Adonai,
Eloheinu melech ha'olam,
asheir natan lanu torat emet,
v'chayei olam nata b'tocheinu.
Baruch atah Adonai,
otein hatorah.

Blessed are You, Adonai, Ruler of the universe, who gave us the Torah of truth and implanted eternal life within us.