



FOUNDATIONS OF JEWISH LITURGY

BIRKAT HAMAZON: BLESSING II (BIRKAT HAARETZ)

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נוֹדָה לְךָ, יְהוָה אֱלֹהֵינוּ
עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ חֲמֻדָּה טוֹבָה וְרוּחָבָה
וְעַל שֶׁהוֹצַאתָנוּ יְהוָה אֱלֹהֵינוּ מֵאֶרֶץ מִצְרַיִם
וּפְדִיתָנוּ מִבֵּית עֲבָדִים
וְעַל בְּרִיתְךָ שֶׁחִתַּמְתָּ בְּבִשְׁרֵנוּ
וְעַל תּוֹרַתְךָ שֶׁלְּמַדְתָּנוּ
וְעַל חֻקֶיךָ שֶׁהוֹדַעְתָּנוּ
וְעַל חַיִּים חֵן וְחֶסֶד שֶׁחֻנַּנְתָּנוּ
וְעַל אֲכִילַת מִזֵּן שֶׁאַתָּה זֵן וּמְפַרְנֵם אוֹתָנוּ תָּמִיד
בְּכָל יוֹם וּבְכָל יֵת וּבְכָל שָׁעָה.
וְעַל הַפֶּלֶא, יְהוָה אֱלֹהֵינוּ
אֲנַחְנוּ מוֹדִים לְךָ וּמְבָרְכִים אוֹתְךָ
יִתְבָּרַךְ שִׁמְךָ בְּפִי כָל חַי תָּמִיד לְעוֹלָם וָעֶד
כְּפִתּוּב: וְאֲכַלְתָּ וְשָׂבַעְתָּ, וּבִרְכַת אֶת־יְהוָה אֱלֹהֶיךָ
עַל־הָאָרֶץ הַטּוֹבָה אֲשֶׁר נָתַן־לְךָ:
בְּרוּךְ אַתָּה יְהוָה, עַל הָאָרֶץ וְעַל הַמִּזֵּן.

נוֹדָה We thank You, LORD our God,
for having granted as a heritage to our ancestors
a desirable, good and spacious land;
for bringing us out, LORD our God, from the land of Egypt,
freeing us from the house of slavery;
for Your covenant which You sealed in our flesh;
for Your Torah which You taught us;
for Your laws which You made known to us;
for the life, grace and kindness You have bestowed on us;
and for the food by which You continually feed and sustain us,
every day, every season, every hour.

וְעַל הַפֶּלֶא For all this, LORD our God, we thank and bless You.
May Your name be blessed continually
by the mouth of all that lives, for ever and all time –
for so it is written: “You will eat and be satisfied, then you shall
bless the LORD your God for the good land He has given you.”
Blessed are You, LORD, for the land and for the food.