

Source Sheet for Tikkun Leil Shavuot 5771

Berachot: Blessing & Gratitude

1. And she [Leah] conceived again and bore a son, and she said, 'This time, I will thank the Lord!' Therefore, she named him Judah. (Genesis 29:35)
2. When you have eaten your fill, and have built fine houses to live in, and your herds and flocks have multiplied, and your silver and gold have increased, and everything you own has prospered, beware lest your heart grow haughty and you forget the LORD your God—who freed you from the land of Egypt, the house of bondage;. . . and you say to yourselves, "My own power and the might of my own hand have won this wealth for me." (Deuteronomy. 8:12-17)
3. In the future, all sacrifices will be abolished except for the thanksgiving-offering. All prayers will be abolished except for prayers of gratitude. (Leviticus Rabbah 9:7)
4. Don Isaac Abarbanel (A Portuguese scholar and commentator [1437 – 1508]) explains that the eating time for a *Korban Todah*, the thanksgiving offering, is reduced to one day and a night precisely to necessitate having others share in its consumption. In this fashion, one's gratitude and praise of God are made public.
5. Genesis Rabbah explains the verse from Psalms (150:6) : הַלְלוּ יְהוָה כִּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ : "Let all that breathes praise Yah. Hallelujah" to mean: "For every breath which a person takes they must give praise to the Holy One." (Genesis Rabbah 14)

6. Siddur, Prayer Book: Shacharit, Morning Prayers

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, שֶׁהַחַזְרַת בֵּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה
אֲמוּנָתְךָ.

I thank You, living and eternal Sovereign, for giving me back my soul in mercy. Great is Your faithfulness."

7. Talmud Bavli, Menachot 43b:

תְּנִיא הִיא רַבִּי מֵאִיר אֹמֵר חַיִּיב אָדָם לְבָרֵךְ מֵאָה בְּרִכּוֹת בְּכָל יוֹם שֶׁנֶּאֱמַר "וְעַתָּה
יִשְׂרָאֵל מָה ה' אֱלֹהֶיךָ שׂוֹאֵל מֵעַמְּךָ" (דְּבָרִים י, יב)

It is taught in a *baraita* that Rabbi Meir would say: A person is obligated to recite one hundred blessings every day, as it is stated in the verse: "And now, Israel, what [*ma*] does the Lord your God require of you" (Deuteronomy 10:12). Rabbi Meir interprets the verse as though it said one hundred [*me'a*], rather than [what] *ma*.

8. Blessing traditionally recited upon waking up and after using the toilet

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ
נְקָבִים נְקָבִים, חֲלוּלִים חֲלוּלִים. גְּלוּי וְיָדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ, שְׂאֵם יִפְתַּח
אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם, אֵי אֶפְשֶׁר לְהִתְקַיֵּם וְלַעֲמוּד לְפָנֶיךָ. בְּרוּךְ
אַתָּה יי, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are You, Adonai, our God, Sovereign of the universe, who formed humans with wisdom and created within him many openings and many hollows. It is obvious in the presence of your glorious throne that if one of them were ruptured, or if one of them were blocked, it would be impossible to exist and stand in your presence. Blessed are You, God, who heals all flesh and performs wonders. [translation by Hazon]

9. Blessing traditionally recited before learning Torah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוָּנוּ
לַעֲסוֹק בְּדַבְּרֵי תוֹרָה.

Praise to You, Adonai our God, Architect of all that is, who sanctified us with mitzvot, and commanded us engage in (study) words of Torah.

10. Blessing traditionally recited upon hearing bad or tragic news or about a death:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, דִּין הָאֱמֶת.

Blessed are You, Adonai, our God, Sovereign of all that is, the true Judge.

11. Blessing traditionally recited before putting a mezuzah on a doorpost:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוָּנוּ
לְקַבֵּעַ מְזוּזָה.

Praise to You, Adonai our God, Sovereign of all that is, who sanctified us with mitzvot, commanding us to affix the mezuzah.