

# Grace after Meals

## *Reciting Birkat HaMazon*

Jews normally do not say "grace" before meals, rather after they have eaten. Blessing the food is not done either (likely because this was done with food offered to idols). They acknowledge that G-d is the One who provides for their sustenance:

**Deuteronomy 8:10 (NKJV)** <sup>10</sup> *When you have eaten and are full, then you shall bless the LORD your God* for the good land which He has given you.

**Deuteronomy 8:10 (CJB)** <sup>10</sup> *So you will eat and be satisfied, and you will bless Adonai your God* for the good land he has given you.

***Barukh attah Adonai Eloheynu melekh ha'olam hazzan et  
ha'olam kullo betuvo, bechen bechesed uvrachamim.  
Hu notein lechem lekhoh basar ki le'olam chasdo.  
Uvtuvo haggadol tamid lo chaseid lanu ve'al yechsar  
lanu mazon le'olam va'ed, ba'avur shemo haggadol. Ki hu El  
zan umfarneis lakhoh, umeitiv lakoh umeikhin mazon lekhoh  
b'riyotav, asher bara. Barukh attah hazzan et hakkoh. Amein.***

*Blessed are you, LORD our G-d, master of the universe, Who nourishes the whole world in goodness, with grace, kindness and compassion. He gives bread to all flesh, for His mercy endures forever. And through His great goodness we have never lacked, nor will we lack food forever, for the sake of His great Name. For He is G-d, who nourishes and sustains all, and does good to all and prepares food for all His creatures which He created. Blessed are You LORD, who nourishes all. Amen.*