

Birkat HaMazon, the blessing after the meal- first

paragraph (sung by Lippman students)

This blessing is sung after eating your meal. It praises God for sustaining life and providing food for all creatures.

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, הִזָּן אֶת הָעוֹלָם כְּלוּ בְטוּבוֹ
בִּתְּחִלָּה בְּחֶסֶד וּבְרַחֲמִים, הוּא נוֹתֵן לָחֶם לְכָל בֶּשָׂר כִּי לְעוֹלָם חֶסֶדוֹ.
וּבְטוּבוֹ הַגָּדוֹל תִּמְיֵד לֹא חָסַר לָנוּ, וְאֵל יַחֲסֹר לָנוּ מִזֶּן לְעוֹלָם
וְעַד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֶן וּמְפָרֵס לְכָל וּמִטִּיב לְכָל,
וּמַכִּין מִזֶּן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה ה', הִזָּן אֶת הַכֹּל.

*Barukh ah-ta Adonai E-lo-hey-nu meh-lekh ha-o-lam, ha-zan et ha-olam
kulo b'tuvo b'kheyn v'kheh-sed uv'ra-kha-meem. Hu no-teyn leh-khem
l'khol bah-sar kee l'oh-lom khos-doe. Uv'tu-vo ha-ga-dol tah-meed lo
kha-sar lah-nu, v'ahl yokh-sar lah-nu mah-zone l'oh-lom vah-ed.
Bah-ah-vor shih-mo ha-gah-dol tah-meed lo kha-sahr lah-nu, v'ahl
yekh-sar lah-nu mah-zone lih-oh-lom vah-ed. Ba-ah-vor shih-mo
ha-ga-dol, kee hu El zahn oom-far-ness la-kol, oo'may-teev lah-kol
oo-may-kheen mah-zoen l'khol bree-oh-tov ah-shair bah-ra.
Bahruk h ah-ta ah-do-nai, ha-zahn et ha-kol.*

Sovereign God of the universe, we praise You: Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food; You provide food enough for all. We praise You, O God, Source of food for all who live.