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## The Grace After Meals

Chaverym, one commandment most believers do not keep, and many don't even know about, is called the "Birkat Hamazon," or "Blessing for the Food." In Christianity, it is common tradition to "bless the food" before a meal. There is a problem with this practice: food doesn't need to be blessed—it's dead and can't use a blessing. Blessings are for people, not food. Also, this practice is nowhere commanded in Scripture.

It is true, our Messiah made a "B'rakah"—a blessing before he ate. This is an Hebrew tradition that he kept. For that reason, we should do likewise and keep the tradition, in order to "walk as he walked." In doing so, we bless יהוה, the provider of the food, not the food itself. The traditional blessing before a meal that includes bread is:

*"Blessed art thou יהוה, King of the universe, who brings forth bread from the earth. Amein"*

Before a meal not including bread, the traditional blessing is:

*"Blessed art thou יהוה, King of the universe, who creates all kinds of foods. Amein."*

Even more important, though, is the prayer of thanks after a meal, which is a "mitzvah," or commandment. It is found in Devarim 8:10 and says:

*"And you shall eat and be satisfied and shall bless יהוה your Elohyim for the excellent land which he has given you."*

Maybe you are wondering what this land is that you are thanking him for. Brethren, though you don't at this time own a particular parcel in Eretz Yisrael, all of you who keep the commands of יהוה and have the testimony of יהושע, His Messiah have an inheritance promised by our heavenly Father in His kingdom to come. It is already yours. And so, when we have eaten His provision each day and are satisfied, we bless:

*Blessed art thou, יהוה, King of the universe, who feedest the whole world with thy excellence, with grace, with lovingkindness and tender mercy; thou givest food to all flesh, for thy lovingkindness endureth for ever. Through thy great excellence food hath never failed us: may it not fail us for ever and ever for thy great Name's sake, since thou nourishest and sustainest all beings, and doest excellence unto all, and providest food for all thy creatures whom thou hast created. Blessed art thou, יהוה, who givest food unto all.*

*We thank thee, יהוה, because thou didst give us an heritage unto our fathers a desirable, excellent and ample land, the covenant and the Torah, and food in plenty. Blessed art thou, יהוה, for the excellent land and for the food.*

*Make us worthy of the days of the Messiah, and the life of the world to come. He who maketh peace in his high places, may he make peace for us and for all Yisrael, and say ye, Amein.*

בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַיּוֹן אֶת הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחֶסֶד וּבְרַחֲמִים, הוּא נוֹתֵן לָחֶם לְכָל בְּשָׂר כִּי לְעוֹלָם חֶסֶד. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל יַחְסֹר לָנוּ מְזוֹן לְעוֹלָם וָעֶד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זָן וּמְפַרְנֵס לְכָל וּמְטִיב לְכָל, וּמְכִין מְזוֹן לְכָל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יְהוָה, הַיּוֹן אֶת הַכֹּל.

נוֹדָה לָךְ, יְהוָה אֱלֹהֵינוּ, עַל שֶׁהִנְחַלְתָּ לְאַבוֹתֵינוּ אֶרֶץ חֶמְדָּה טוֹבָה וְרַחֲבָה, בְּרִית וְתוֹרָה, וְלָחֶם לְשִׂבְעָה. בְּרוּךְ אַתָּה יְהוָה, עַל הָאֶרֶץ הַטוֹבָה וְעַל הַמְּזוֹן.