



Kitzur Birkat HaMazon

The Shortened Version of Grace after Meals

Taken from "Pekudot Elazar", Vol. 2, Section 187, paragraph B by Rabbi Elazar Rifa'el HaLevi Ibn Tovv, Av Beit Din of Yerushalayim (1887/5647) in the name of the RaMBaM. Also, reference Sefer Ben Ish Hai, S.R. Hukat 11 who endorsed this version primarily for women. The transliteration is in the original Sephardic pronunciation. When one is in a rush and does not have time to say the long version of Birkat HaMazon with proper devotion (kavana), one should then recite this:

Barukh Atah Adonai Eloheynu Melekh HaOlam, Hazan Et HaOlam Kulo B'Tuvo, B'Hen, B'Hesed, U'b'rahamim, U'm'parnes Lakol U'm'khin Mazon L'kol B'riyotaw Asher Bara. Barukh Atah Adonai Hazan Et HaKol.

Blessed are You, Adonai, our G-d, King of the universe, who sustains the entire universe with Your goodness, grace, and mercy. You provide for all, and prepare the food for each of Your creations that You have created. Blessed are You Adonai, who sustains all.

Nodeh L'kha Adonai Eloheynu Al Shehinhalta La'avoteynu Eretz Hemda Tova U'r'hava, W'al Shehotzeyanu Me'erezt Mitzraim, W'natata Lanu Brit W'torah, W'lehem Lisvoah, Al Hakol Anahnu Modim Lakh. Barukh Atah Adonai Al Ha'arezt W'al HaMazon.

We give thanks to You, Adonai, our G-d, that You prepared for our fathers a vast, abundant and good land, and that You have brought us forth out of Egypt, and gave to us the covenant, Torah, and all the food one could want. For all this, we give thanks to You. Blessed are You, Adonai, for the land, and for the food.

Rahem Adonai Eloheynu Al Yisrael Amakh, W'al Yerushalayim Irakh, W'al Ha'bayit Ha'gadol W'ha'kadosh Sh'nikrah Shimkha Alaw, U'malkhut Beit David M'shi'hakh Tahazir Limkomah Bimhera B'yameynu. Barukh Atah Adonai Boneh Yerushalayim (Silently: Amen)

Adonai our G-d, have mercy upon Yisrael, Your people, upon Yerushalayim, Your city, and upon that great and holy house that is called by Your Name. May You restore the kingdom of the house of David, Your Mashiah to its rightful place, speedily and in our days. Blessed are You Adonai, who builds Yerushalayim. (silently: Amen)

Barukh Atah Adonai, Eloheynu Melekh HaOlam, Ha'el, Avinu, Malkeynu, Ha'melekh Ha'tov U'metiv Lakol. Hu hetiv lanu, hu metiv lanu. Hu g'malanu, hu gomleynu, hu yig'maleynu la'ahd hen, hesed, w'rahamim w'kol tov. Magdil yeshu'ot malko wa'oseh hesed li'mishiho, I'Dawid ul'zaro Ahd Olam.

Blessed are You, Adonai our G-d, King of the universe, G-d, our father, and our king. The king who is good and beneficent to all, he has and does provide for us all good. He has, does, and always will reward us forever, with beauty, grace, mercy, and complete goodness. (You) raise the salvation of Your king, and show mercy to your anointed one, to David, and his descendents, now and forever more.

Oseh Shalom Bimromaw Hu B'rahamaw Ya'aseh Shalom Aleynu, W'al Kol Yisrael, W'imru Amen

May He who makes peace in the upper worlds, in His grace make peace upon us, and all Yisrael, and let us say Amen.

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