

Torah Blessings בְּרָכוֹת הַתּוֹרָה

Introductory Prayers

Sh'ma & Its Blessings

Amidah

Torah Service

Concluding Prayers

To-Do List:

- ☐ Answer the *Ready...Set...Prep!* questions on Pages 2-3 with a *chevruta* partner
- ☐ Read the prayer in Hebrew (Page 4) with your *chevruta* partner
- ☐ Answer the *First Read* questions (Page 4) together
- ☐ Finish the prayer's translation (Pages 5-6) alone or together
- ☐ Check your work on the color-coded translation (Page 7)
- ☐ Answer the *Break it Down* questions (Pages 7-9) with your *chevruta* partner
- ☐ Now Practice! Read & sing the prayer together, alone, and/or with a website (see Page 10)
- ☐ Do the *Get Creative!* activity on Page 11
- ☐ Read and sing the prayer to a teacher to sign off

chevruta

חֵבְרוּתָא

n. study companion.
Shares a root with the word "friend" (חֵבֵר).

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Ready... Set... Prep!

Special events often have special routines.

For instance, we might sing the National Anthem or the team cheer at a sporting event, and actors usually end their play



with a curtain call, when all the actors bow and the audience applauds. Maybe the lead actors even get a bouquet of flowers and the game's



MVPs get a trophy! Birthdays also have a routine: beforehand, we wrap presents and get a cake. During the

party, we light candles, sing Happy Birthday, blow out the candles, open presents... and afterward, we write Thank You notes. Going to a game, play, or birthday party can create great memories, and these routines help make the event feel even more special for everyone involved.



What's a special event (besides your birthday) in your life – past, present, or future – with some sort of routine that makes it feel so special?

Most special events have three stages:

what are 1-2 routines that go in each stage for your special event?

Before	
During	
After	

Why do you think that routine makes your event feel so special?

Hearing the words of Torah read in public is supposed to be a special event. It's almost like a mini-play: we act out the scene when the Israelites heard the Torah at Mt. Sinai for the first time!

Mt. Sinai Story		Modern Torah Reading
Moses goes up Mt. Sinai	1	We go up to the Ark
God gives Moses the Torah	2	We take the Torah out
Moses passes the Torah on to the People of Israel	3	We march the Torah around the sanctuary
God blesses the People of Israel	4	We bless the Torah
God says some Words of Torah	5	We read a section of the Torah
Moses blesses the People of Israel	6	We bless the Torah

1. Which step in the Modern Torah Reading seems the most similar to its mirror-step in the Mt. Sinai Story? _____
2. Which step in the Modern Torah Reading seems the most different from its mirror-step in the Mt. Sinai Story? _____

This routine makes the Torah service, and the words of the Torah itself, feel special – especially with its “blessing sandwich”:



3. In a (real) sandwich, the middle section is the “Main Event” – but the bread still serves a very important purpose! What is that purpose?

4. How might the Torah blessings serve the same purpose for us?

Now read through both Torah blessings:
see if you recognize any words!

Blessing Before the Reading

The congregation says
this line...

...which you repeat!

Note: A big **ת**
(made red in
this packet) is
pronounced
"oh" instead of
"ah"

- 1 בָּרְכוּ אֶת יְיָ הַמְבוֹרָךְ :
- 2 בְּרוּךְ יְיָ הַמְבוֹרָךְ לְעוֹלָם וָעֶד :
- 3 בְּרוּךְ יְיָ הַמְבוֹרָךְ לְעוֹלָם וָעֶד :
- 4 בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
- 5 אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים
- 6 וְנָתַן לָנוּ אֶת תּוֹרָתוֹ :
- 7 בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה :

Blessing After the Reading

- 1 בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
- 2 אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
- 3 וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵינוּ.
- 4 בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה :

First-Read Questions

1. What words do you already recognize?

Hebrew Word	I think that it means...

2. At first glance, what do you think these blessings say? _____

Translation: Before the Reading

Fill in the blanks for the translation of the prayer using the Word Bank at the bottom!

Prefix	Suffix	Noun	Verb	Adjective/Adverb	Conjunction	
		הַמְבוֹרָךְ :	יְי	אֵת	בְּרָכוּ	1
	the		Adonai	(has no English translation)		
וְעַד :	לְעוֹלָם	הַמְבוֹרָךְ	יְי	בְּרוּךְ		2
ever:		the	is Adonai			3
הָעוֹלָם	מֶלֶךְ	אֱלֹהֵינוּ	יְי	אַתָּה	בְּרוּךְ	4
of the world	king/ruler	God	Adonai	are You		
הָעַמִּים	מִכָּל	בָּנוּ	בָּחַר	אֲשֶׁר		5
the	from		chose	who		
תּוֹרָתוֹ :	אֵת	לָנוּ	וְנָתַן			6
God's/His	(has no English translation)	to		gave		
הַתּוֹרָה :	נוֹתֵן	יְי	אַתָּה	בְּרוּךְ		7
the	Giver of	Adonai	are You			

Word Bank

תּוֹרָה/תּוֹרָת	מְבוֹרָךְ	לְעוֹלָם	עַמִּים	כָּל	בְּרוּךְ	בְּרָכוּ	נוּ-	וּ-
teaching/Torah (noun)	Blessed One (noun)	forever (adverb)	peoples/ nations (noun)	all (of) (noun)	blessed (adjective)	bless (verb, command)	us or our (pronoun, suffix)	and (prefix)

 The translations above go **right-to-left** with the Hebrew text. Now write out the English translations for each line from **left-to-right**. The first line has been started for you! (Check your work on Page 7!)

1. _____ Adonai, _____
2. 3. _____
4. _____
5. _____
6. _____
7. _____

Translation: After the Reading

Fill in the blanks for the translation of the prayer using the Word Bank at the bottom!

Prefix	Suffix	Noun	Verb	Adjective/Adverb	Conjunction
--------	--------	------	------	------------------	-------------

הָעוֹלָם	מֶלֶךְ	אֱלֹהֵינוּ	יְי	אַתָּה	בְּרוּךְ	1
of the world	king/ruler	_____ God	Adonai	are You	_____	
אֱמֶת	תּוֹרַת	לָנוּ	נָתַן	אֲשֶׁר		2
_____	the _____ of	to _____	gave	who		
בְּתוֹכֵינוּ.	נָטַע	עוֹלָם	וְחַיִּי			3
within _____.	_____ planted _____	life				
הַתּוֹרָה :	נוֹתֵן	יְי	אַתָּה	בְּרוּךְ		4
the _____.	Giver of	Adonai	are You	_____		

Word Bank

תּוֹרָה/תּוֹרַת	עוֹלָם	בְּרוּךְ	אֱמֶת	נִ-	וְ-
teaching/Torah (noun)	eternal (adjective)	blessed (adjective)	truth (noun)	us or our (pronoun, suffix)	and (prefix)

The translations above go **right-to-left** with the Hebrew text. Now write out the English translations for each line from **left-to-right**. The first line has been started for you! (Check your work on Page 7!)

- _____ are You _____
- _____
- _____
- _____

Torah Blessings: Color-Coded for Meaning

The colors here are just to help you match each word to its English translation.

Before the Reading

בְּרַכּוּ אֶת יי הַמְּבֹרָךְ :	1	Bless Adonai, the Blessed One!
בְּרוּךְ יי הַמְּבֹרָךְ לְעוֹלָם וָעֶד :	2+ 3	Blessed is Adonai, the Blessed One, forever and ever!
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם ,	4	Blessed are You, Adonai our God, Ruler of the World,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים	5	Who chose us from all the peoples
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ :	6	and gave to us God's/His Torah:
בְּרוּךְ אַתָּה יי , נֹתֵן הַתּוֹרָה :	7	Blessed are You, Adonai, Giver of the Torah.

After the Reading

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם ,	1	Blessed are You, Adonai our God, Ruler of the World,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת	2	Who gave to us the Torah of Truth
וַחַיִּי עוֹלָם נָטַע בְּתוֹכֵנוּ .	3	and planted eternal life within us:
בְּרוּךְ אַתָּה יי , נֹתֵן הַתּוֹרָה :	4	Blessed are You, Adonai, Giver of the Torah.

1. Underline at least two key Hebrew words in each blessing.

Why did you choose them?

2. How many times do we say בְּרַכּוּ, the commanding-verb “bless”? _____

In which line(s)? Before: _____ After: _____

3. How many times do we say בְּרוּךְ, the adjective “blessed”? _____

In which line(s)? Before: _____ After: _____

4. Why do you think it makes sense to say בְּרוּךְ so many times but בְּרַכּוּ only once? _____

5. Take another look at Line 5 in the blessing Before the Reading:

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים	5	Who chose us from all the peoples
---------------------------------------	---	-----------------------------------

Who are “the peoples” it’s talking about? (In other words: what other groups of people, besides Israelites, lived on earth when we got the Torah?)

6. Why do you think God chose us to receive the Torah? _____

7. How many total times do both blessings mention God as **giving/gave/Giver**?

_____ In which line(s)? Before: _____ After: _____

8. What’s the thing we’re blessing God for giving us? _____

9. Take another look at Lines 2-3 in the blessing After the Reading:

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת	2	Who gave to us the Torah of Truth
וְחַיִּי עוֹלָם נָטַע בְּתוֹכֵינוּ.	3	and planted eternal life within us:

The word “Torah” can also mean “Teaching.” Name one example of any “teaching of truth” you’ve ever learned about from the Torah: _____

What do you think the blessing means when it says God “planted eternal life within us”? _____

10. Almost all prayers fit into one of three types: **gratitude** (“THANK YOU, GOD!!”), **praise** (“WOW, GOD, YOU’RE AMAZING!!”) or **petition** (“HELP!!!”). Which kind do you think this prayer is? _____

Why do you think so? (Use evidence from the translation & your own opinions!)

PERSONAL prayers are said because they address the INDIVIDUAL's needs. Personal prayers can still be said with a community; the **subject matter** and **purpose** makes a prayer personal, not the way we say it.

COMMUNAL prayers are said to address the COMMUNITY's needs. Some communal prayers can still be said alone; the **subject matter** and **purpose within the service** makes a prayer communal more than anything else.

Some prayers are a little of both, but this prayer leans more in one direction than the other.

11. Do you think this more a personal or a communal prayer? _____

Why do you think so? _____

12. As you learned on Page 3, The Torah blessings “sandwich” the Torah reading, just like God’s and Moses’ blessings “sandwiched” getting the Torah the first time.

This “blessing sandwich” is supposed to make the Torah-reading feel **special** and **holy**.

On a scale of 1-10 (1=who cares? 10=it's basically heaven!):

How special and holy do you think we're *supposed* to feel while hearing or reading the Torah? _____

How special and holy does saying these blessings make *you actually* feel while hearing or reading the Torah? _____

What could make Torah-reading feel *even more* special and holy to you? (Words to add to the blessing, or other actions we could take around the reading...)

Practice, Practice, Practice!

Blessing Before the Reading

The congregation says
this line...

...which you repeat!

Note: A big **ת**
(made red in
this packet) is
pronounced
"oh" instead of
"ah"

- 1 בְּרַכּוּ אֶת יי הַמְבוֹרָךְ :
- 2 בְּרוּךְ יי הַמְבוֹרָךְ לְעוֹלָם וָעֶד :
- 3 בְּרוּךְ יי הַמְבוֹרָךְ לְעוֹלָם וָעֶד :
- 4 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
- 5 אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים
- 6 וְנָתַן לָנוּ אֶת תּוֹרָתוֹ :
- 7 בְּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה :

Blessing After the Reading

- 1 בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
- 2 אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
- 3 וַחַיִּי עוֹלָם נָטַע בְּתוֹכֵינוּ.
- 4 בְּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה :



Practice Online:

In **ShalomLearning**, practice with the JiTap soundboard directly in your browser!

Or open the **JiTap app** and search for "**Torah Blessings**" to find the Tap-and-Hear soundboards to practice.

Torah Blessings: Get Creative!

With your chevruta partner, take a photo that expresses how it might feel to be given the Torah for the very first time.

Plan out your photograph below, then show your plan to a teacher to be dismissed to take the picture.

Receiving the Torah would make us feel _____

which would look like _____

Setting/background: _____

Props (optional): _____

Who will be in the picture and what pose should they be in?

Send the best 1-2 photos you took to your teacher
when you finish!