

Hammazon

The blessings before and after a meal.

Before the meal

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
Ha-Olam < Melech < Elo-Heynu < Adonoi < Atoh < Baruch
of the Universe < Ruler < our Elohei < Adonai < are you < Blessed

הַמּוֹצֵי לֶחֶם מִן הָאָרֶץ
ha-aretz < min < lechem < ha-motzi
the ground < from < bread < bringing

After the Meal

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
ha-olam < melekh < eloheynu < adonai < atoh < barukh
of the universe < ruler < our elohim < adonai < are you < blessed

הֵיזָן אֶת הָעוֹלָם כְּלוּ בְטוּבוֹ
b'tuvo < kullo < ha-olam < eth < hazzon
with his goodness < all of it < the universe < it < nourishing

בְּחַן בְּחֶסֶד וּבְרַחֲמִים
uv'rachamim < b'chesed < b'chen
and with compassion < with kindness < with grace

הוּא נֹתֵן לֶחֶם לְכָל בָּשָׂר
bosar < l'khal < lechem < nothein < hu
flesh < to all < bread < gives < who

כִּי לְיוֹלָם חַסְדּוֹ
chasdo < l'yolam < ki
is his kindness < everlasting < indeed

הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד
vwa-ed < l'olam < olenu < yim'lokh < hu
and ever < forever < over us < will rule < he

וּבְאֶרֶץ תְּרַחֵם הוּא יִתְבָּרַךְ בְּשָׁמַיִם
uvo-aretz < bashomayim < yith'borakh < hu < horacha'mon
and in the earth < in the heavens < will be blessed < he < as the compassionate