

A Selection of Blessings (*Berakhot*)

Since about A.D. 400, prayers of blessing have always started with the words, "Blessed are you, Lord our God, King of the universe ..." In the first century they were much shorter, simply beginning with the words "Blessed is he ..." Below are some of them in the form they would have had in the first century.

When you first open your eyes in the morning, you say,
Blessed is he who gives sight to the blind.

When putting on clothes, you say,
Blessed is he who clothes the naked.

When you eat a meal where bread is at the table, you hold up the bread and say,
Blessed is he who brings forth bread from the earth.

When you have wine or grape juice at a meal, you say
Blessed is he who created the fruit of the vine.

When you're peeling a juicy orange you say,
Blessed is he who gives a pleasant fragrance to fruit.

When you see the first budding tree in springtime, you say,
Blessed is he who did not omit anything from the world, and created within it good creations and good trees for people to enjoy!

When you see lightning, falling stars, lofty mountains, or the sky in all its beauty you say,
Blessed is he who has made the creation.

When you hear thunder or feel an earthquake, you say,
Blessed is he whose strength and power fill the world.

When it rains (or something else good happens), you say,
Blessed is he who is good and gives good things!

When you've experienced a deliverance from a situation, like surviving a grave illness, being released from prison, or completing a dangerous journey, you say:
Blessed is he who does good to the undeserving and has rendered every kindness to me!

When you see a friend after a year's separation, you say,
Blessed is he who revives the dead.

When something terrible happens, you say,
Blessed is he who is the true judge.

When you've reached some long awaited joyous occasion, you say,
Blessed is he who has given us life, and preserved us, and brought us to this season.

~~~~~

This is an excerpt from Appendix A of ***Sitting at the Feet of Rabbi Jesus: How the Jewishness of Jesus Can Transform Your Faith*** by Ann Spangler and Lois Tverberg (© 2018 Zondervan, all rights reserved). For more information and to order, go to Lois' website, <https://OurRabbiJesus.com>.