

מְלָכָה of the Week

ברכות הנחנין (1) ~

(ברכות recited before enjoying a food or fragrance)

“The earth and all that is in it is Hashem’s” (תהלים כד א - Tehillim 24,1) Everything that exists in the world belongs to Hashem. Man is permitted to enjoy Hashem’s world, but first he must recite a ברכת. Reciting a ברכת is like asking Hashem’s permission to benefit from His creations.

Our Rabbis teach us that, “One may not benefit from this world without first reciting a blessing. One who does so is like one who steals a holy object.” (Berachot 35a) We are only allowed to benefit from and enjoy the various things that exist in this world after reciting a blessing. These ברכות are called ברכות הנחנין.

When one recites a ברכת he is expressing gratitude to Hashem, Who has given him of His goodness. One is also praising ה' for creating the object that is giving him pleasure.

ברכות help us to realise that everything belongs to Hashem and that all we possess is due to His kindness. One who recites his ברכות with feeling deepens his faith in Hashem and becomes more aware of Hashem’s presence in the world and His involvement in our day to day lives.

פרק א' of the Week

פרק ג'
יט ה'כל צפי, והרשות נרונה, וב טוב ה'עולם נדו. והכל ל'פי רב
המעשה:

Everything that a person does is foreseen (by Hashem), yet everyone has the free choice to do whatever he wants to do. The world is judged with goodness, and everything depends on how many good deeds we have done.
