

הַלְכָה of the Week



בָּזָרְא נְפָשָׁות ~

The recited after foods and drinks for which
בָּרָכָה אַחֲרוֹנָה neither מָעֵן שְׁלֹשׁ nor בָּרָכַת הַמִּזְוֹן is the

ברוך אתה ה', אלקיינו מלך העולם, בזרא נפשות רבות וחסרונות, על כל מה שבראתך
להחיקות בהם נפש כל חי. ברוך חי העולםים.

"Blessed are You, Hashem, our G-d, King of the universe, Who creates many living things, as well as their deficiencies (ways in which they are incomplete or imperfect), for all that You have created with which to keep every living being alive. Blessed is He, the life of the worlds."

בָּזָרְא נְפָשָׁות is recited after eating foods and drinks for which neither
בָּרָכָה אַחֲרוֹנָה nor מָעֵן שְׁלֹשׁ nor בָּרָכַת הַמִּזְוֹן

One must recite this בָּרָכָה after eating at least a **כַּזְיָת** (olive size) of food or drinking a **רַבִּיעִית** of a drink. There are different opinions regarding the measurements of a **כַּזְיָת** and a **רַבִּיעִית**. Remember, **כַּזְיָת** is a measurement used for food and **רַבִּיעִית** is a liquid measurement used for measuring drink. Three of the great rabbis whose opinions are most often followed are the **Chazon Ish**, **Rabbi Chaim Na'eh** and **Rabbi Moshe Feinstein**. (We shall not discuss the actual measurements here.)

It is preferable not to leave the place where one ate before reciting בָּזָרְא נְפָשָׁות.

When reciting בָּזָרְא נְפָשָׁות we thank Hashem for creating mankind as well as for all that we must have in order to live. When we say, "for all that You have created" We thank Him particularly for our most important needs, like bread and water, but also for many other things that benefit us but are not essential for our existence.

פָּרָקְיִ אָבּוֹת of the Week

פרק ד

י"ט רַבִּי יָנָא אָמֵר, אֵין בַּיִדֵינוּ לֹא מִשְׁלֹות הַרְשָׁעִים וְאֶפְתַּח לֹא מִיסּוּרִי הַצְדִיקִים.

Rabbi Yannai says:

We are not able to understand why some **רַשְׁעִים** (wicked people) have an easy life or why some **צְדִיקִים** (righteous people) suffer.
