



הַלְכָה of the Week

~ בּוֹרָא נִפְשׁוֹת ~

The בְּרָכָה recited after foods and drinks for which neither בְּרָכָה אַחֲרוֹנָה nor מַעֲיֵן שְׁלוֹשׁ is the בְּרָכָה אַחֲרוֹנָה

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרָא נִפְשׁוֹת רַבּוֹת וְחִסְרוֹנִן, עַל כָּל מַה שֶּׁבָּרָא(ת) לְהַחֲיוֹת בָּהֶם נֶפֶשׁ כָּל חַי. בְּרוּךְ חַי הָעוֹלָמִים.

“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.”

בוֹרָא נִפְשׁוֹת is recited after eating foods and drinks for which neither בְּרָכָה אַחֲרוֹנָה nor מַעֲיֵן שְׁלוֹשׁ is the בְּרָכָה אַחֲרוֹנָה.

One must recite this בְּרָכָה after eating at least a כֹּזַיִת (olive size) of food or drinking a כֹּזַיִת of a drink. There are different opinions regarding the measurements of a כֹּזַיִת and a רְבִיעִית. Remember, **כֹּזַיִת is a measurement used for food** and **רְבִיעִית 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 בּוֹרָא נִפְשׁוֹת.

When reciting בּוֹרָא נִפְשׁוֹת 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.

פְּרָקִי אֲבוֹת of the Week

פְּרָק ד'

י"ט רַבִּי יַנַּאי אוֹמֵר, אִין בְּיָדֵינוּ לֹא מַשְׁלֹת הָרָשָׁעִים וְאֵף לֹא מִיּוֹרֵי הַצַּדִּיקִים.

Rabbi Yannai says:

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