## **BLESSINGS: CATEGORIES**

## **Three Main Categories of Blessings**

There are three main categories of blessings:

- 1. Enjoyment (birchot nehenin), such as on foods and scents.
- 2. Praise and Thanks to God (*shevach v'hoda'a*), such as when saying *she'hecheyanu*, on seeing mountains and the sea, or when good happens to us.
- 3. Commandments/<u>Mitzvot</u> (<u>birchot mitzva</u>), such as reading the <u>Torah</u>, using the <u>lulav</u>, or lighting <u>Shabbat</u> candles.

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