

# BLESSINGS: DOUBT (SAFEK) WHETHER YOU SAID

## If Doubt Whether You Said a Blessing (except for Birkat HaMazon)

If you are not sure if you said ANY blessing in ANY category, don't repeat it.

### EXCEPTIONS

- Birkat ha'mazon.
- You may also include the first blessing over reading the Torah (Asher bachar banu mi'kol ha'amim.)

Even the blessing for mezonot is not an exception.

### REASON

The only blessing commanded in the Torah is birkat ha'mazon (some say also the blessings on the Torah); all others are from Chazal.

## If Doubt Whether You Said Birkat HaMazon

Say birkat ha'mazon if:

- You are not certain that you said birkat ha'mazon, and
- You were satiated from your meal.

**NOTE** You are considered to be “satiated” after eating food if you no longer have an appetite.

## If Doubt Whether You Said Blessings on Torah Study

If you are not certain that you have said any of the morning blessings on studying Torah (from la'asok b'divrei Torah to notein haTorah), you should not say them later. But when you say “ahava raba” before the morning shema, you may intend it to cover such blessings; then after the amida, you should say some Torah verses (psukim).