## **BLESSINGS: HOW MANY TO SAY**

## **100 Blessings on Weekdays**

Try to say 100 blessings a day. This is easy on weekdays since *Ashkenazim* say about 89 blessings just in the prayer services.

NOTE Saying 100 blessings each day is a *halacha* drabanan.

## **100 Blessings on Shabbat and Jewish Festivals**

On *Shabbat* and some *Jewish festivals*, you might want to fulfill some of the quota for making 100 blessings by:

- Eating extra fruit or other foods,
- Hearing and saying *amen* to the blessings over the:
  - Torah reading,
  - Reader's repetition of the amida for shacharit and musaf, and
  - *Haftara* by the *maftir*.

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