

# BIRKAT HAMAZON: SOURCE

## **Birkat HaMazon: Torah Source**

The source of birkat ha'mazon is Deuteronomy/Devarim 8:10: You will eat and be satiated and bless Hashem, your God, for the good land that He gave you.

## **Birkat HaMazon D'Rabanan: Rabbinic Source**

Although the mitzva d'oraita is to thank God only when you are satiated from the meal, chazal decreed that we say birkat ha'mazon even when eating only the volume of a k'zayit and even if not satiated. So you must still say birkat ha'mazon after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread within four minutes--even if you are not full. This is known as birkat ha'mazon d'rabanan.