# 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.*

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com