BLESSINGS: GENERAL RULES

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)*.

BLESSINGS: SAYING FOR SOMEONE ELSE

Blessings: For Someone Else: Mitzva/Birchot Mitzva

You may say any blessing on a *mitzva*—such as *kiddush*, *hallel*, *Torah*—for another person, even if you have already fulfilled the *mitzva* for yourself, as long as that other person is required to do that *mitzva*.

EXAMPLE Girls (12 years old and more) and women must fulfill all of the positive commandments of *Shabbat* including *kiddush*. So even after they have already said *kiddush* for themselves, they may say *kiddush* for other Jews, including adult men.

EXCEPTION You may not say *birkat ha'mazon* for someone else.

Blessings: For Someone Else: Pleasure/Birchot Nehenin and Praise-Thanks/Shevach V'Hoda'a

You may say these blessings for someone else only if you also need to say the blessing for yourself:

- Blessings for Enjoyment ("*birchot nehenin*"—such as for food or drink), and
- Blessings of Praise and Thanks (*shevach v'hoda'a*--such as on rainbows or seeing large mountains)

BLESSINGS: ANSWERING AMEN

Blessings: Answering Amen: What To Hear

When someone is saying a blessing on your behalf, you may say *amen* as long as you have heard at least:

- The first six words of the blessing; and

- At least a few words of substance in the middle of the blessing; and
- The complete final line.

EXAMPLE For the *al ha'michya* blessing, you must hear:

- The first six words,
- *Al ha'michya,* and
- The final blessing line.

BLESSINGS: CORRECTING A MISTAKEN BLESSING

Correcting a Mistaken Blessing

If you make a mistake when saying any blessing or in any prayer, you may correct it within 2.5 seconds by simply saying the correct blessing.

NOTE If you did not correct the blessing within 2.5 seconds, see next *halacha*:

Retracting a Blessing after Third or Fourth Word

If you start an incorrect blessing:

- If you have said the third word (God's name), say *lamdeini chukecha.*
- If you have already said the third syllable of the fourth word (*elohei…*), say *Yisrael avinu mei'olam v'ad olam.*
- If you said more than the third syllable of the fourth word, say *Baruch shem kevod malchuto l'olam va'ed.*

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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