

“ בְּרוּךְ אַתָּה ה' ”

What do we mean when we say ‘בְּרוּךְ אַתָּה ה' at the beginning of every בְּרָכָה?

How can we bless Hashem?

We were created by ‘ה - can we ‘*change*’ Him?

We are *tiny* and He is *I N F I N I T E*

(goes on forever) - can we ‘*add*’ to Him?

We have many *faults* and He is *PERFECT* -
can we ‘*improve*’ Him?

We need so much, but what does Hashem need?

Is there anything we can give Him?

...so, can we really bless ‘ה? How? With what?

The Rabbis explain that when we say ‘בְּרוּךְ אַתָּה ה' we really mean “You are the source of all blessing, Hashem” - that is,

“all בְּרָכָה comes from You, ‘ה.”