

Year 4 ~ Week 1

הַלְכָה of the Week

~ בְּרָכוֹת הַנְּהַנֵּין (1) ~

(בְּרָכוֹת recited before enjoying a food or fragrance)

“The earth and all that is in it is Hashem’s” (תְּהִלִּים כד א - Tehillim 24,1)
Everything that exists in the world belongs to Hashem. Man is permitted to enjoy Hashem’s world, but first he must recite a בְּרָכָה. Reciting a בְּרָכָה is like asking Hashem’s permission to benefit from His creations.

Our Rabbis teach us that, “One may not benefit from this world without first reciting a blessing. One who does so is like one who steals a holy object.” (Berachot 35a) We are only allowed to benefit from and enjoy the various things that exist in this world after reciting a blessing. These בְּרָכוֹת are called בְּרָכוֹת הַנְּהַנֵּין.

When one recites a בְּרָכָה he is expressing gratitude to Hashem, Who has given him of His goodness. One is also praising ה' for creating the object that is giving him pleasure.

בְּרָכוֹת help us to realise that everything belongs to Hashem and that all we possess is due to His kindness. One who recites his בְּרָכוֹת with feeling deepens his faith in Hashem and becomes more aware of Hashem’s presence in the world and His involvement in our day to day lives.

פְּרָקֵי אָבוֹת of the Week

פְּרָק ג

יִטְ הַכֹּל צְפוּי, וְהַרְשׁוֹת נְתוּנָה, וּבְטוֹב הָעוֹלָם נְדוּן. וְהַכֹּל לְפִי רַב
הַמַּעֲשֶׂה:

Everything that a person does is foreseen (by Hashem), yet everyone has the free choice to do whatever he wants to do. The world is judged with goodness, and everything depends on how many good deeds we have done.
