



HaMotzi Lechem -

Traditional Blessing Over the Bread

לא על־הלֶחֶם לִבְרוּ יְהוָה הָאָדָם כִּי עַל־כָּל־מוֹצֵא בִּיְהוָה יְהוּה הָאָדָם

Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD. (Deut 8:3b)

The *HaMotzi* is the blessing said before eating bread and is one of the most frequently said of the Hebrew blessings, used for Shabbat, holidays, and other occasions:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצֵא לֶחֶם מִן הָאָרֶץ.

Blessed art Thou, LORD our God, King of the universe, who brings forth bread from the earth.

*Barukh attah Adonai eloheinu melekh ha-olam,
ha-motzi lechem min ha-aretz.*

The head of the household cuts a piece of challah for himself, and then either dips it in salt or sprinkles salt over the slice. He or she then cuts and distributes the rest of the challah to those around the table.

Note that **salt** is used to commemorate the sacrifices in the Temple, which were always required to be offered with salt (Leviticus 2:13).



The **double portion** that fell for the ancient Israelites in the desert is a symbol that the one who is *shomer shabbat* (a Sabbath observer) will not lose out because of his observance. One of the loaves is cut and the bread is distributed to everyone. It is customary to dip the slices into some **salt** just as the Sacrifices in the Temple were salted before being consumed (see Leviticus 2:13).



HaMotzi Transliterated:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha'olam me-lekh elo-hei-nu Adonai at-tah ba-rukh
the universe king (of) our God Lord are you Blessed



הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

ha'a-rets min le-chem ham-mo-tsi
the earth from bread the Who brings
forth

[Respond: Amen.]

*Barukh attah Adonai eloheinu melekh ha-olam,
ha-motzi lechem min ha-aretz.*