



La'asok b'divrei Torah - Customary Blessing before Torah Study

מִה־אֶהְבֵּתִי תוֹרַתְךָ כָּל־הַיּוֹם הִיא שִׂיחָתִי:

Oh how I love your Torah! It is my meditation all the day. - Psalm 119:97

IT IS CUSTOMARY to recite a blessing before engaging in *Talmud Torah* - the study of the Torah. In the following blessing, note that the word *la'asok* means to engage, or to immerse oneself (it comes from the Hebrew root which means “busy”). This blessing, then is about 'busying' ourselves with the study of Torah, taking heed of God's instruction for our lives:



Transliterated:

אֲשֶׁר	הָעוֹלָם,	מֶלֶךְ	אֱלֹהֵינוּ	יְהוָה	אַתָּה	יְהוָה	בָּרוּךְ
a-she-r	ha-'o-lam	me-lekh	e-lo-he-y-nu	Adonai	at-tah	Adonai	ba-rukh
who	the universe	king (of)	our God	Lord	are you	Lord	Blessed
תּוֹרַתְךָ	בְּדִבְרֵי	לְעַסּוֹךְ	וְצִוָּנוּ	בְּמִצְוֹתֶיךָ	וְצִוָּנוּ	בְּמִצְוֹתֶיךָ	קִדְּשָׁנוּ
to-rah	be-div-rei	la-'a-sok	vet-si-va-nu	be-mits-vo-tav	be-mits-vo-tav	be-mits-vo-tav	ki-de-sha-nu
of	in the	to engross	and	in His	in His	in His	has sanctified
Torah	words	ourselves	commanded us	commandments	commandments	commandments	us

Blessed art thou, Lord our G-d, King of the universe, who sanctifies us with Thy commandments and commanded us to engross ourselves in the words of the Torah.

Barukh attah Adonai eloheinu melekh ha-olam, asher kiddeshanu bemitzvotav, vetzivanu la'asok bedivrei Torah.