HaTov v’HaMetiv -
Blessing the One who does good

For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations. - Psalm 100:5

THE OBJECT OF RECITING the various berachot [blessings] is to instill within us the certainty that the LORD watches over all of His creatures at every moment of the day. “But the very hairs of your head are all numbered” (Matthew 10:30).

By doing so, we are repeatedly reminded that God does not dwell in some detached abode, but rather that everything that exists does so by virtue of His grace and sovereign purposes. Therefore, when you experience an especially joyous event, you praise and thank the LORD -- and pronounce a blessing.

The HaMetiv Blessing

When something genuinely good happens to someone (other than yourself), it is customary to recite the following blessing:

Barukh attah Adonai Eloheinu melekh ha-olam, hatov v’hametiv.

Blessed art thou, Lord our G-d, King of the universe, who is good and who does good.

Barukh attah Adonai Eloheinu melekh ha-olam, hatov v’hametiv.
The Shehecheyanu Blessing

On the other hand, if the good fortune benefits only yourself, the HaMetiv is not recited, but rather the Shehecheyanu is said:

בָּרוُךְ אַתָּה יהוּדָה אלָהָנוּ מֶלֶךְ הָעָלָם הַשֶּׁחֶצְיָן וַעֲקַדֵּנוּ וַיִּקְיָמֵנוּ וַיִּקְיָם יְחַיֵּנוּ לְזֵמֶן הַזֶּה
dolam melekh eloheinu Adonai attah barukh
the universe King of our God LORD are You Blessed

shehecheyanu ve-ki-yeyman ve-higanu lazeman hazon
for this season and has and has who has kept brought us sustained us us alive

Blessed art thou, Lord our G-d, King of the universe, who for keeping us alive, taking care of us, and bringing us to this time.

Barukh attah Adonai Eloheinu melekh ha-olam, she-hecheyanu ve-ki-yeymanu ve-higanu lazman ha-zeh.

On the other hand, if, God forbid, you experience a tragedy, you must realize that this too is the result of God’s providence, and though you might not understand the reason for such an event, you must regardless have faith that God is a fair Judge and that all of His decisions are perfectly just and righteous. In such circumstances we therefore recite, “Baruch Dayan HaEmet” (Blessed is the fair judge).