

Peulat Shabbat Discussion Section

Birkat Hamazon

We will introduce the subject of Birkat. In Eikev, we received the commandment to thank God after our meals. We will read quote from Parsha:

וְאָמַרְתָּ בְּרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ אַחֲרֵי הָאֲכִילָה כַּאֲשֶׁר צִוִּיתְךָ לֵאמֹר בְּרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ אַחֲרֵי הָאֲכִילָה וְאָמַרְתָּ בְּרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ אַחֲרֵי הָאֲכִילָה כַּאֲשֶׁר צִוִּיתְךָ לֵאמֹר בְּרַכְתָּ אֶת יְיָ אֱלֹהֶיךָ אַחֲרֵי הָאֲכִילָה

We will break into groups and discuss the following questions

- Why are we commanded to thank God after we eat if we already said a blessing before we ate?
- What is the value of thanking God after eating?
- What other basic parts of life should we be thankful towards God for?
- How is saying Birkat a positive aspect of our Jewish identity?
- How has saying Birkat in camp been reflected in your life at home?