



Said by the person who has recently experienced danger:

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת שְׂגַמְלָנִי כֹל טוֹב.

Barukh atah Adonai, Eloheinu Melekh ha'olam, ha'gamel l'hayavim tovot, sh'g'malani tov.

Blessed are You, Lord our God, ruler of the universe, who bestows kindness on those who are committed, and who has granted to me all kindness.

Said in response by those who hear the blessing:

אָמֵן. שְׂגַמְלֵךְ שְׂגַמְלָה טוֹב הוּא יְגַמְלֵךְ יְגַמְלָה כֹּל טוֹב סְלָה.

Amen. Sheg'malekh/sheg'malkha tov hu yigm'lekh/yigmal'kha kol tov selah.

May the One who has granted you all kindness always grant kindness to you, *selah*.

WHAT IT'S USED FOR

Historically, Birkat HaGomel was said by those who recently experienced childbirth, as it posed (and in some cases today continues to pose) danger for the birthparent. Recently Birkat HaGomel has been used in more alternative and creative ways to express thankfulness for coming through any dangerous situation (for example, traveling a long distance, being released from prison, or recovering from a very serious illness).

WHEN TO USE IT

Historically, it was said in synagogue within 3 days of the dangerous situation or 7 days after childbirth. Recently, it has been used at baby naming ceremonies or to acknowledge a dangerous situation, whether with a small group of family/friends or by oneself.

HOW TO USE IT

Historically, Birkat HaGomel was said in front of a Torah and in the presence of 10 Jews (*minyan*). Jewish law (*halakhah*) does not require that Birkat HaGomel is said in the presence of a *minyan* or a Torah. Therefore be creative and let us know how you have used this meaningful blessing!

DISCUSSION QUESTIONS

How might our perspectives change regarding dangerous situations by ritualizing being thankful for our safety?

What are some alternative/creative ways you/your family might use this blessing?

How might this blessing be used to identify and cultivate a greater awareness of gratitude?

How can this prayer be reconstructed if you believe that God does not have a direct influence on your life? (In other words, God did not cause a safe outcome.)