

מצות
עשה
#19

 We learn this mitzvah from Parshas Eikev: (דברים ה:)

וְאֵכֶלֶת וּשְׁבַעַת וּבִרְכַת
אֶת ה' אֱלֹקֶיךָ וְגו'

In *Sefer Hamitzvos* today, we learn the *mitzvah* to thank Hashem after we eat. This is the *mitzvah* of saying *Birchas Hamazon* (*bentching*).

 The details of this mitzvah are explained in Mishnayos & Gemara: **Mesechta Brachos** in many places

Rambam: Hilchos Brachos

PEREK ALEF

The Rambam explains what *brachos* are, and who made the *nusach* of the *brachos* we say. Then the Rambam teaches some general rules about *brachos*. For example, we learn that *lechat'chilah*, we should make a *bracha* in a loud enough voice to hear. We also learn that when we hear a *bracha* we need to answer *Amen*!

PEREK BEIS

In this *perek*, we learn about *Birchas Hamazon*, which is the only *bracha* that is from the Torah. (All other *brachos* are *Miderabanan*.) We learn how it is said differently on *Shabbos*, *Yom Tov*, and by a *chasuna*.

PEREK GIMMEL

We learn about the *brachos* on foods made from grain. There are five kinds of grain that can make food *Mezonos* or *Hamotzi*, depending on how they are prepared.