

מִצְוֹת  
עֲשֵׂה  
#19

 We learn this mitzvah from Parshas Eikev: (דברים ח"י)

וְאִכְלַתְּ וּשְׂבַעְתָּ וּבֵרַכְתָּ  
אֶת ה' אֱלֹהֶיךָ וְגו'

Today in *Sefer Hamitzvos*, we learn the same *mitzvah* again — to thank Hashem after we eat — that's *bentching*! We learn this *mitzvah* from the *posuk* in *Chumash* (that we say in *bentching*), “*Ve’achalta Vesavata Uveirachta Es Hashem*,” “And you will eat, and you will be full, and you will *bentch* Hashem.”

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

## Rambam: Hilchos Brachos

### PEREK DALED

We learn when a person might need to make a *bracha* again. For example, if you decided to *bentch*, and then changed your mind and wanted to eat again, you would need to make another *bracha* — even if you hadn't *bentched* yet.

Another *halacha* we learn is that if you made a *bracha* and the food got ruined before you could eat it, you should say “*Baruch Shem Kevod Malchuso Le’olam Va’ed*” right away. By speaking about the *kavod* of Hashem right after saying the *bracha*, the *bracha* is not counted as being said for no reason.

### PEREK HEY

In this *perek*, we learn who is *chayav* in *bentching*. Children need to *bentch* because of *Chinuch*.

We also learn about making a *mezuman*.

### PEREK VOV

In this *perek*, we learn about washing our hands for a *seudah*, and *Mayim Acharonim*. The Rambam says that *Netilas Yodayim* for a *seudah* is a *mitzvah* from the *Chachomim*, but *Mayim Acharonim* is for a *sakana*, so you need to be even MORE careful with *Mayim Acharonim*!