

**TorahShows®**

**718.382.0788**

This checklist should help us have Kavana every time we bentsh!



**BENTCH**  
With All Your Heart!

**כוונת הלב PROJECT**

### Thank You Hashem . . .

- THANK YOU FOR THE NOURISHMENT THAT MY BODY NEEDS IN ORDER TO FUNCTION WELL.**
- THANK YOU FOR FEEDING ALL THOSE SPECIES IN THE WORLD THAT I WILL EAT AND BENEFIT FROM.**
- THANK YOU FOR YOUR MERCY AND KINDNESS MAKING THE FOOD SO DELICIOUS AND APPETIZING.**
- PLEASE HELP US NEVER LACK SUSTENANCE AND NUTRITION TO ENJOY A HEALTHY LIFESTYLE.**
- THANK YOU FOR GRANTING US, THE BNEI YISROEL, THE WONDERFUL HOLY LAND OF ERETZ YISROEL.**
- THANK YOU FOR THE TORAH WHICH IS THE ULTIMATE "FOOD FOR THE SOUL!"**
- THANK YOU FOR MITZVOS WHICH ADD SUCH MEANING AND FULFILLMENT TO LIFE.**
- THANK YOU FOR FREEDOM BY LIBERATING US FROM MITZRAYIM, THE LAND OF SLAVERY.**
- THANK YOU FOR SATISFYING OUR HUNGER AND THIRST SO WE MAY HAVE ENERGY TO SERVE YOU.**
- PLEASE HAVE MERCY ON YOUR JEWISH NATION WORLDWIDE, SPIRITUALLY AND MATERIALISTICALLY.**
- PLEASE RETURN THE MAGNIFICENT MIZBEIYACH TO THE BEIS HAMIKDASH INSIDE YERUSHALAYIM.**
- OUR FATHER IN HEAVEN, SHEPHERD, SUSTAINER, SPONSOR AND SUPPORTER, SPARE US TROUBLES.**
- HELP US THAT WE NEVER NEED TO RECEIVE CHARITY OR LOANS, AND MAY WE RECEIVE ALL FROM YOU.**
- MAY WE NOT BE EMBARRASSED IN THIS WORLD, NOR DISGRACED IN THE WORLD TO COME.**
- PLEASE RESTORE THE KINGDOM OF DOVID HAMELECH'S ROYAL FAMILY TO THE JEWISH PEOPLE.**
- PLEASE REBUILD YERUSHALAYIM THE HEAVENLY CITY SOON IN OUR LIFETIME.**

"IF YOU BENTCH ALOUD WITH KAVANAH, YOUR FAMILY WILL BE SPARED FROM ACCIDENT AND ILLNESS..."  
(Steipler Gaon zt"l) —

"THERE IS NO DIVINE ANGER AGAINST SOMEONE WHO BENTCHES BEAUTIFULLY!"  
— (Meam Loez)

לרפואה שלימה פנינה מלכה בת שמחה שתחיל בתוך שאר חולי ישראל  
Prepared by **RABBI MAIMON ELBAZ** of TorahShows to help us reach Shleimus b'Avodas Hashem

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