

Blessing after the Meal and Third Cup

Contributed by [Rebecca Finkelstein](#)

Source:

We now say grace after the meal, thanking God for the food we've eaten.

As it says in the Torah: When you have eaten and are satisfied, give praise to your God who has given you this good earth. We praise God for the earth and for its sustenance.

May the source of peace grant peace to us, to the Jewish people, and to the entire world. Amen.

Refill everyone's wine glass.

The Third Glass of Wine

The blessing over the meal is immediately followed by another blessing over the wine:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ree hagafen.

We praise God, Ruler of Everything, who creates the fruit of the vine.

Drink the third glass of wine!