



HaTov v'HaMetiv -

Blessing the One who does good

כִּי־טוֹב יְהוָה לְעוֹלָם חַסְדּוֹ וְעַד־דָּוַר וְדָוַר אֱמוּנָתוֹ:

*For the LORD is good; his steadfast love endures forever,
and his faithfulness to all generations. - Psalm 100:5*

THE OBJECT OF RECITING the various *berachot* [blessings] is to instill within us the certainty that the LORD watches over all of His creatures at every moment of the day. "But the very hairs of your head are all numbered" (Matthew 10:30).

הַמְטִיב

By doing so, we are repeatedly reminded that God does not dwell in some detached abode, but rather that everything that exists does so by virtue of His grace and sovereign purposes. Therefore, when you experience an especially joyous event, you praise and thank the LORD -- and pronounce a blessing.

The HaMetiv Blessing

When something genuinely good happens to someone (other than yourself), it is customary to recite the following blessing:

בְּרוּךְ	אַתָּה	יְהוָה	אֱלֹהֵינוּ	מֶלֶךְ	הָעוֹלָם,
barukh	atah	Adonai	eloheinu	me-lekh	ha'olam
Blessed	are You	LORD	our God	King of	the universe

וְהַמְטִיב.	הַטוֹב
ve-ham-metiv	hat-tov
and who does	who
good	is good

*Blessed art thou, Lord our G-d, King of the universe, who
is good and who does good.*

Barukh attah Adonai Eloheinu melekh ha-olam, hatov vehametiv.



The Shehecheyanu Blessing

On the other hand, if the good fortune benefits only yourself, the HaMetiv is not recited, but rather the Shehecheyanu is said:

בְּרוּךְ	אַתָּה	יְהוָה	אֱלֹהֵינוּ	מֶלֶךְ	הָעוֹלָם,
ba-rukḥ	at-tah	Adonai	e-lo·hei·nu	me·lekh	ha'·o·lam
Blessed	are You	LORD	our God	King of	the universe

שֶׁהֵחֵינּוּ	וְקִיַּמָּנוּ	וְהִגִּיעַנוּ	לְזֶמֶן	הַזֶּה.
she·he·che·ya·nu	ve·ki·ye·ma·nu	ve·hi·gi·'a·nu	laz·ze·man	haz·zeh
who has kept	and has	and has	to this season	
us alive	sustained us	brought us		

Blessed art thou, Lord our G-d, King of the universe, who for keeping us alive, taking care of us, and bringing us to this time.

Barukh attah Adonai Eloheinu melekḥ ha-olam, she-hecheyanu ve-ki-ye-manu ve-higianu lazman ha-zeh.

On the other hand, if, God forbid, you experience a tragedy, you must realize that this too is the result of God’s providence, and though you might not understand the reason for such an event, you must regardless have faith that God is a fair Judge and that all of His decisions are perfectly just and righteous. In such circumstances we therefore recite, “Baruch Dayan HaEmet” (Blessed is the fair judge).