

# One Quick Lesson

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## גמרא (60b)

When you wake up, you say ברכות thanking god for returning your soul. When you hear the rooster, thank God for having the rooster distinguish between night and day. When you open your eyes, thank God for that. When you stretch and sit up, thank God for freeing the chackled. When you put on clothes, thank God for that. When you stand up, thank God for that. When you put your feet on the ground, thank God for making the ground. When you put on shoes, thank God for that. When you tie your shoes, thank God for that. When you put on your belt, thank God for holding up בני. When you put on something over your head, thank God for “crowning” Israel. When you put on תפילין or ציצית, thank God for that. When you wash your hands, thank God for that. When you wash your face, thank God for removing sleep from your face.

Before, these ברכות were said on specific actions. Now, we say them all at once. Why?

## 35b

One is forbidden to benefit in this world without saying a ברכה.

## Mishnah Berurah

There's a מחלוקת over who the world belongs to. Does it belong to God or man? Ah, after you make a ברכה on something it is man's.

There's 3 types of ברכות:

- 1) Pleasure
  - a) Food, life, etc.
- 2) Praise
- 3)

Rambam

You don't have to say these in a specific order. Many people would say the ברכות when they applied.  
(The ברכות are pleasure)

Kolbo

Even if you don't do the action, it's not just about you. It's on behalf of all humanity.  
(The ברכות are Praise)