

100 brachot – a daily tool for Yirat Shamayim

“A person is obligated to make at least 100 brachot every day.”

Hilchot Birchat HaShachar, Orach Chayim 46:3

“One who is careful to say at least 100 brachot (blessings) every single day, it is considered as if he fulfilled – “you should fear G-d, your L-rd, to walk in all His ways, to love Him, and to serve G-d, your L-rd, and to guard His mitzvot.” He will thereby have fulfilled the entire Torah” – *Tzror HaMor* (an early Acharon) on *Devarim 10:12-13*, based on *Gemara Menachot 43b*

Standard Number of Brachot for each day of the year:

There are **4 categories** of required brachot depending on the day of the year:

(a) 30 Standard Brachot every day of the year:

Al Netilas Yadayim - 1, Asher Yatzar/Elokai Neshama - 2, Birkat haTorah - 2, Birchat HaShachar - 15, Baruch Sh'amar/Yishtabach - 2, Birkat Kriat Shema of Shacharit & Maariv - 7, Hamapil - 1.

(b) Amidot/“Shemoneh Esrei”

(c) Required Seudot (Meals): 6 for each required Seudah, plus **1** for *Shechechyanu* (also relevant for *Yom Kippur!*), **3** for *Kiddush*, and **2** for *Leisheiv b'Sukkah* – where applicable.

(d) Birkat haMitzvot (Blessings for Mitzvot):

Tzitzit/Tallit - 1, Tefillin - 2, Hallel - 2, Pesach Seder - 9, Sefirat haOmer - 1, etc. {*Sefardim* count one less bracha for *Tefillin*.}

Supplementing the Standard Number of Brachot on *Shabbat* and *Chagim* to reach 100:

Make **additional brachot** throughout the day. Examples: Fragrant spices, Food outside of the required Seudot, *Asher Yatzar* besides the single one already counted in the morning.

Be included in the brachot of the **Kriat haTorah & Haftarah** by listening to the entire bracha silently, having *kavanah* to be included with it, and answering “Amen.”

The total number of available *Kriat haTorah & Haftarah brachot* that one could possibly be included with are listed in the parentheses in the final column.

	(a) Daily Obligatory Brachot	(b) Amidot/Shemoneh Esrei	(c) Required Seudot	(d) Birkat HaMitzvot	Standard Number of Brachot with the # of Supplementary Kriat HaTorah and Haftarah brachot included in parentheses
Weekday	30	57	0	3	90 (0)
Shabbat	30	28	21	1	80 (27)
Rosh Chodesh	30	64	0	5	99 (8)
1 st Day Pesach	30	28	16	12	86 (17)
Chol HaMoed Pesach	30	64	12	4	110 (8)
7 th Day Pesach	30	28	15	4	77 (17)
Shavuot	30	28	16	3	77 (17)
Daytime Fast	30	57	0	3	90 (16)
Tisha B'Av	30	57	0	3	90 (20)
Rosh HaShanah	30	30	16	3	79 (17)
Yom Kippur	30	35	1	1	67 (29)
1 st Day Sukkot	30	28	18	5	81 (17)
Chol HaMoed Sukkot	30	64	14	4	112 (8)
Shemini Atzeret	30	28	16	3	77 (17)
Chanukah	30	57	0	7	94 (6)
Purim	30	57	6	11	104 (6)

This is being distributed as a *zechut* (merit) for the *illuy neshama* (spiritual elevation) of Ruchama Rivka, *aleha hashalom, bat Asher Zevulun*

May our fulfillment of this particularly significant, but unfortunately neglected, area of *halacha* be a tremendous *zechut* for her, for us, and for all of the Jewish people.