



# 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:

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

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

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 ha'olam me-lekh elo-hei-nu Adonai at-tah ba-ruk

*“Blessed are You, Lord our God, King of the universe,”*

שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהִנִּיֵּאֵנוּ לְזִמְן הַזֶּה.  
 haz-zeh laz-ze-man ve-hi-gi-a-nu ve-ki-ye-ma-nu she-he-che-ya-nu

*“for keeping us alive, taking care of us, and bringing us to this time.”*

***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 melekh 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).