



## Bentching Gomei

### Reciting the *Gomei* Blessing

*The person who has been affected recites the following:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַגּוֹמֵל  
לְחַיִּיבִים טוֹבוֹת, שְׂגַמְלֵנִי כָּל טוֹב

Blessed are You, Adonai, our God, Sovereign of the universe who bestows goodness on the accountable, who has bestowed every goodness on me.

*The congregation responds:*

For a male:

אָמֵן. מִי שְׂגַמְלֵךְ כָּל טוֹב, הוּא יְגַמְלֵךְ כָּל טוֹב, סְלָה

For a female:

אָמֵן. מִי שְׂגַמְלֵךְ כָּל טוֹב, הוּא יְגַמְלֵךְ כָּל טוֹב, סְלָה

Amen. May the One Who has bestowed goodness on you continue to bestow every goodness upon you, *selah*.