Blessing before the Torah Reading

Baruch Adonai haMav’rach.
Baruch Adonai ham’vorach l’olam va-ed.
Baruch atah, Adonai
Eloheinu, Melech haolam,
asher bachar banu mikol haamim,
v’natan lanu et Toraro.
Baruch atah, Adonai, notein haTorah.

Bless Adonai who is blessed.
Blessed is Adonai who is blessed now and forever.
Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

Blessing after the Torah Reading

Baruch atah, Adonai
Eloheinu, Melech haolam,
asher natan lanu Torat emet,
v’chayei olam nata b’tochenu.
Baruch atah, Adonai, notein haTorah.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life.
Blessed are You, Adonai, who gives the Torah.