

# BLESSINGS: HOW MANY TO SAY

## 100 Blessings on Weekdays

Try to say 100 blessings a day. This is easy on weekdays since *Ashkenazim* say about 89 blessings just in the prayer services.

**NOTE** Saying 100 blessings each day is a halacha drabanan.

## 100 Blessings on Shabbat and Jewish Festivals

On Shabbat and some Jewish festivals, you might want to fulfill some of the quota for making 100 blessings by:

- Eating extra fruit or other foods,
- Hearing and saying amen to the blessings over the:
  - Torah reading,
  - Reader's repetition of the amida for shacharit and musaf, and
  - Haftara by the maftir.