In Judaism a Beraghah, or beraghot (in Hebrew: בְּרָכָה -brkh- what means ‘blessing’) is a short prayer for giving thanks to God. The prayer is said as a blessing to God and is mostly spoken before taking a meal: Baruch ata Adonai, Elohenu melech ha’olam, hamotsi lechem min ha’aretz, Amen = Blessed are You God, King over everything, Who gives bread out of the earth, Amen.

Similar short prayers of thanksgiving and praise to God can be said on many other occasions. There’s no fixed rule for when such prayers are to be said, but the reason behind the beraghah is to acknowledge God as the source of all blessing.

In doing do, every good experience event or happy moment is transformed into a reminder of thanking God and being aware of His presence with us throughout the day.

Therefore, every beraghah begins with the words ‘Blessed are You, Lord our God, King over everything….’

This acknowledging of God as the Giver and Sustainer or all we receive is the same as giving thanks to God for all He does for us. It is also a declaration of understanding that we’re all depended on God and that life is not in our own hands.

It is to see and acknowledge God’s goodness for everything we receive. In stands in contrast to murmuring or being miserable because of everything we did not get over the past year. In this miserable state we become unthankful and unhappy even over all the good we did receive.

When we thank God, at the same time we are saying that we are dependent of him and that we acknowledge Him as Lord of our lives.

Thankfulness to God is a way of life and can exists even in the most terrible circumstances.

It’s often our own choice to be thankful or miserable.

There’s also a link between being thankful and trusting God. Thanking God made us see how we can rely on Him and the more we rely on God the more we can thank Him.

Take as an example in Acts 27. Paul is on a ship which is close to being shipwrecked in the middle of the Mediterranean Sea. In all the panic, Paul tells all the people to trust that they will all be saved and asks them all to take some food for the time ahead. Paul takes the bread, says a prayer over it and begins to hand in out to the sailors, soldiers and everybody else on board.

In the midst of the tumultuous sea, Paul thanks God for the bread and shows his trust that God will save them all during the shipwreck.

Now at harvest let us remind ourselves to be thankful to God, not only for a moment but throughout the day. Making God part of our everyday life and thanking Him for all the good things we receive makes us more happy people. The more we thank God, the more we make Him part of our lives. The more we make Him part of our lives, the more we grow in relationship with God. And the more we trust and rely on His love and care for us, the more we become happy people living in the awareness of God with us.