

Brachot (blessings) (100)

Ref: *Sefer Ahavah, Hilchot Tefilla, Chapter 7*

One is obligated to say **100** blessings a day.

Shacharit

- Arise early and recite blessings
- Songs of praise
- *Shema* with blessings before and after
- *Amidah*
- Supplication Prayers
- *Ashrei* plus others

Minchah

- *Ashrei*
- *Amidah*
- Supplication

Maariv

- *Shema* together with blessings
- *Amidah*

Meals

- 2 Meals a day (each meal could have 7 blessings)
- Other *brachot*

On *Shabbat* and *Yom Tov* there are less than 100 standard *brachot*, and we must therefore make these up by eating more fruits, vegetables etc. This is because each *amidah* has 7 blessings instead of the normal weekday 19.