

## ❁ THE CHAPTER OF MANNA / פֶּרֶשֶׁת הַמָּן ❁

THE COMMENTATORS CITE THE *YERUSHALMI* THAT ONE WHO RECITES THIS CHAPTER EVERY DAY IS ASSURED THAT HIS FOOD WILL NOT BE LACKING. *LEVUSH* EXPLAINS THAT THIS CHAPTER TEACHES THAT GOD PROVIDES EACH DAY'S SUSTENANCE — JUST AS HE PROVIDED THE MANNA EACH DAY IN THE WILDERNESS.

MANY RECITE THE FOLLOWING SUPPLICATORY PARAGRAPH BEFORE פֶּרֶשֶׁת הַמָּן,  
THE CHAPTER OF MANNA. IT IS OMITTED ON THE SABBATH AND FESTIVALS.

**יְהִי רָצוֹן מִלְּפָנֶיךָ, יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתּוֹמֵין**  
 < that you << of our < and < our God < HASHEM, << before You, < the will < May  
 provide forefathers, the God it be

**פֶּרְנֹסָה לְכֹל עַמֶּךָ בֵּית יִשְׂרָאֵל, וּפְרֻנְסָתִי וּפְרֻנְסַת אֲנָשֵׁי בֵּיתִי**  
 < of my < of the < and the < — and my << of < the < of Your < for < a  
 household members livelihood livelihood Israel House people, all livelihood

**בְּכֻלָּם, בְּנִחָת וְלֹא בְצָעַר, בְּכַבּוּד וְלֹא בְבוּזִי, בְּהֵתֵר וְלֹא**  
 < and < in a permissible << with < and < with << with pain, < and < with << included  
 not manner disgrace, not honor not ease with them —

**בְּאִסּוּר — כִּדֵּי שְׁנוּכָל לַעֲבֹד עֲבַדְתָּךְ וְלִלְמוּד תּוֹרָתְךָ — כְּמוֹ**  
 < just as << Your Torah, < and study < Your < to < we will < so << in a forbidden  
 service, perform be able that manner,

**שְׁוֹנֵת לְאֲבוֹתֵינוּ מִן בְּמִדְבָּר, בְּאֶרֶץ צִיָּה וְעֲרָבָה.**  
 << and < arid < in a land << in the < with < our < You  
 desolate. Wilderness, manna forefathers nourished

————— שמות ט:ד-ל"ו / Exodus 16:4-36 —————

**וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה, הֲנִי מְמַטִּיר לָכֶם לֶחֶם מִן הַשָּׁמַיִם,**  
 << heaven; < from < food < for you < I shall < Behold, < Moses, < to < HASHEM said  
 rain down

**וַיֵּצֵא הָעָם וּלְקָטוּ דִבְרַי יוֹם בְּיוֹמוֹ, לְמַעַן אֲנִסְנוּ הַיֶּלֶךְ**  
 < whether they < I can test < so that << on its < of each < the < and pick < let the people  
 will follow them, day, day portion go out

**בְּתוֹרָתִי אִם לֹא. וְהָיָה בַּיּוֹם הַשְּׁשִׁי, וְהִכִּינוּ אֶת אֲשֶׁר יָבִיאוּ,**  
 << they < what < [when] they < on the sixth day < And it << not. < or < My teaching  
 bring, prepare shall be

**וְהָיָה מִשְׁנֵה עַל אֲשֶׁר יִלְקְטוּ יוֹם יוֹם. וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל**  
 < to < Moses and Aaron said << every day. < they pick < what < over < double < that it  
 will be

**כָּל בְּנֵי יִשְׂרָאֵל, עֶרֶב וַיִּדְעֶתֶם כִּי יְהוָה הוֹצִיא אֶתְכֶם**  
 < took you out < HASHEM < that < you shall < In the << of Israel, < the < all  
 know evening, Children

**מֵאֶרֶץ מִצְרַיִם. וּבֹקֵר וּרְאִיתֶם אֶת כְּבוֹד יְהוָה, בְּשָׁמְעוֹ**  
 < when << of < the glory < you will see < And in the << of Egypt. < from  
 He hears HASHEM, morning the land

אֶת תְּלַנְתִּיכֶם עַל יְהוָה, וְנַחֲנוּ מָה, כִּי תִלְיִנוּ עֲלֵינוּ.  
 << against < you should < that < nothing < – for << HASHEM < against < your complaints  
 us. incite complaints we are

וַיֹּאמֶר מֹשֶׁה, בְּתַת יְהוָה לָכֶם בְּעָרֵב בֶּשֶׂר לֶאֱכֹל וּלְחֶם  
 < and bread << to eat, < meat < in the evening < you < When HASHEM gives << Moses said,  
 בְּבִקֵּר לְשִׂבְעַ, בְּשִׁמְעַ יְהוָה אֶת תְּלַנְתִּיכֶם אֲשֶׁר אַתֶּם  
 < you < that < your complaints < as HASHEM hears << for satiety, < in the morning  
 מְלִינִם עָלָיו, וְנַחֲנוּ מָה, לֹא עֲלֵינוּ תְּלַנְתִּיכֶם, כִּי עַל יְהוָה.  
 << HASHEM! < against < but < are your < against < not << nothing – < – for << against < incite  
 complaints, us we are Him

וַיֹּאמֶר מֹשֶׁה אֶל אֶהֱרֹן, אָמַר אֵל כָּל עַדַּת בְּנֵי יִשְׂרָאֵל, קָרְבוּ  
 < 'Draw << of Israel: < of the < assem- < the < to < Say << Aaron, < to < Moses said  
 near Children bly entire

לִפְנֵי יְהוָה, כִּי שָׁמַע אֶת תְּלַנְתִּיכֶם. וַיְהִי כִּדְבַר אֶהֱרֹן אֵל כָּל  
 < the < to < when Aaron < And it << your complaints.' < He has < for << HASHEM, < before  
 entire spoke happened heard

עַדַּת בְּנֵי יִשְׂרָאֵל, וַיִּפְּנוּ אֶל הַמִּדְבָּר, וַהֲיָה כְבוֹד יְהוָה נִרְאָה  
 < was < of < the < and << the < toward < they << of Israel, < of the < assem-  
 seen HASHEM glory behold, Wilderness, turned Children bly

בְּעָנָן. וַיְדַבֵּר יְהוָה אֶל מֹשֶׁה לֵאמֹר. שְׁמַעְתִּי אֶת תְּלוֹנֹת בְּנֵי  
 < of the < the < I have << saying, < Moses, < to < HASHEM spoke << in a  
 Children complaints heard cloud.

יִשְׂרָאֵל, דַּבֵּר אֲלֵהֶם לֵאמֹר, בֵּין הָעֶרְבִים תֹּאכְלוּ בֶשֶׂר,  
 < meat < you shall eat < 'In the afternoon << saying: < to them, < Speak << of Israel.

וּבְבִקֵּר תִּשְׂבְּעוּ לֶחֶם, וַיִּדְעֶתֶם כִּי אֲנִי יְהוָה אֱלֹהֵיכֶם. וַיְהִי  
 < And it << your God.' < HASHEM, < I am < that < and you << with < you shall < and in the  
 happened shall know bread, be sated morning

בְּעָרֵב, וַתַּעַל הַשָּׁלוּ וַתִּכַּס אֶת הַמַּחֲנֶה, וּבְבִקֵּר הִיְתָה שְׂכֵבֶת  
 < a layer < there < and in the << the camp, < and < that the quail < in the  
 was morning covered went up evening

הַטָּל סָבִיב לַמַּחֲנֶה. וַתַּעַל שְׂכֵבֶת הַטָּל, וַהֲיָה עַל פְּנֵי הַמִּדְבָּר  
 < of the < the < upon < and << of dew, < did < Evaporate << the camp. < surround- < of  
 Wilderness surface behold, the layer ing dew

דָּק מְחֹסֶפֶס, דָּק כְּכֹפֶר עַל הָאָרֶץ. וַיִּרְאוּ בְנֵי יִשְׂרָאֵל, וַיֹּאמְרוּ  
 < and << The Children of Israel saw, << the < upon < like < – thin << exposed < was some-  
 they said earth. frost thing thin

אִישׁ אֶל אָחִיו, מִן הוּא, כִּי לֹא יָדְעוּ מֶה הוּא, וַיֹּאמֶר מֹשֶׁה  
 < Moses said << it was. < what < they did < for << is it? < What << another, < to < one  
 not know

אֱלֹהִים, הוּא הַלֶּחֶם אֲשֶׁר נָתַן יְהוָה לָכֶם לְאֹכְלָהּ. זֶה הַדָּבָר  
 < is the < This << to eat. < you < HASHEM < that < is the food < This << to them,  
 thing  
 has given

אֲשֶׁר צִוָּה יְהוָה, לְקַטֹּף מִמֶּנּוּ אִישׁ לְפִי אָבְלוֹ, עֶמֶר לְגִלְגָּלַת,  
 << per < an << to what < accor- < for each < from < Gather << HASHEM has < that  
 person; omer he eats, ding man it, commanded:

מִסֵּפֶר נַפְשֵׁיכֶם, אִישׁ לְאֲשֶׁר בְּאֵהָלוֹ תִקְחוּ. וַיַּעֲשׂוּ כֵן בְּנֵי  
 < - the << so < They did << shall < is in < for < each < of your < according to  
 Children you take. his tent whomever man people, the number

יִשְׂרָאֵל, וַיִּלְקְטוּ הַמְרֵבָה וְהַמְמַעֵיט. וַיִּמְדוּ בְּעֶמֶר, וְלֹא  
 < and << in an < And they << and he who < he who < and they << of Israel -  
 no omer, measured took less. took more gathered,

הַעֲדִיף הַמְרֵבָה, וְהַמְמַעֵיט לֹא הִחְסִיר, אִישׁ לְפִי אָבְלוֹ  
 < what < according < everyone << lacking; < was < and the one who << the one who < extra had  
 he eats to not had taken less had taken more,

לְקַטֹּף. וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם, אִישׁ אֵל יוֹתֵר מִמֶּנּוּ עַד בֹּקֶר.  
 << morning. < until < of it < leave < shall < Each << to them, < Moses said << had they  
 over not person gathered.

וְלֹא שָׁמְעוּ אֶל מֹשֶׁה, וַיּוֹתְרוּ אַנְשִׁים מִמֶּנּוּ עַד בֹּקֶר וַיִּרָם  
 < and it be- << morn- < until < from it < and some people << Moses, < to < But they did  
 came infested ing, left over not listen

תּוֹלְעִים וַיִּבְאֵשׁ, וַיִּקְצַף עֲלֵהֶם מֹשֶׁה. וַיִּלְקְטוּ אֹתוֹ בַּבֹּקֶר  
 < morning < it < They << was < at them < and angry << and it stank; < with worms  
 gathered Moses.

בַּבֹּקֶר, אִישׁ כָּפִי אָבְלוֹ, וְחֵם הַשֶּׁמֶשׁ וְנָמַס. וַיְהִי בַיּוֹם הַשֵּׁשִׁי,  
 < on the sixth day < It << it < of the < and in << to what < accor- < every << by  
 happened melted. sun the heat he eats, ding man morning,

לְקַטֹּף לֶחֶם מִשְׁנֵה, שְׁנֵי הָעֶמֶר לְאֶחָד, וַיִּבְאוּ כָּל נְשֵׂי־אֵי  
 < the < - all << and they << for each < omers < two << that was < food < that they  
 princes came one; double, gathered

הָעֵדָה, וַיִּגִּידוּ לְמֹשֶׁה. וַיֹּאמֶר אֲלֵהֶם, הוּא אֲשֶׁר דִּבֶּר יְהוָה,  
 << HASHEM had < is what < This << to them, < He said << Moses. < and they << of the  
 spoken; told assembly -

שֶׁבֶתוֹן שֶׁבֶת קֹדֶשׁ לַיהוָה מִחָר, אֵת אֲשֶׁר תֹּאפוּ אִפּוֹ,  
 << bake, < you wish < which < That << is < for < of < a < a rest day,  
 to bake, tomorrow. HASHEM, holiness Sabbath

וְאֵת אֲשֶׁר תִּבְשְׁלוּ בִשְׁלוּ, וְאֵת כָּל הָעֵדָף הַנִּיחֹ לָכֶם  
 < for < put < that is < and all << cook; < you wish < which < and that  
 yourselves away left over, to cook,

לְמִשְׁמֶרֶת עַד הַבֶּקֶר. וַיִּנְיְחוּ אֹתוֹ עַד הַבֶּקֶר בַּאֶשֶׁר  
 < as << morning, < until < They put it away << the morning, < until < for safekeeping

צִוָּה מֹשֶׁה, וְלֹא הִבְאִישׁ, וְרִמָּה לֹא הָיְתָה בּוֹ. וַיֹּאמֶר מֹשֶׁה,  
 << Moses said, << in it. < was not < and < stink < and it << Moses had  
 infestation did not commanded;

אֲכָלְהוּ הַיּוֹם, כִּי שַׁבַּת הַיּוֹם לַיהוָה, הַיּוֹם לֹא תִמְצְאוּהוּ  
 < find it < you < today << for HASHEM; < today < it is a < for < today, < Eat it  
 will not Sabbath

בַּשָּׂדֶה. שֵׁשֶׁת יָמִים תִּלְקְטְאוּהוּ, וּבַיּוֹם הַשְּׁבִיעִי שַׁבַּת, לֹא יִהְיֶה  
 < be < there << – a << but on the Seventh Day << shall you < days < Six << in the  
 [any] will not Sabbath – gather it, field.

בּוֹ. וַיְהִי בַיּוֹם הַשְּׁבִיעִי, וַיֵּצְאוּ מִן הָעַם לִלְקֹט, וְלֹא מִצְאוּ.  
 << find. < and they << to gather, < the < from < [some] << on the Seventh Day, < It << on  
 did not people went out happened it.

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה, עַד אָנֹכָה מֵאַנְתֶּם לְשִׁמּוֹר מִצְוֹתַי  
 < My com- < to < will you < when < Until << Moses, < to < HASHEM said  
 mandments observe all refuse

וְתוֹרוֹתַי. רְאוּ כִּי יְהוָה נָתַן לָכֶם הַשַּׁבָּת, עַל כֵּן הוּא נֹתֵן לָכֶם  
 < you < gives < He < therefore, << the < you < has < HASHEM < that < See << and My  
 Sabbath; given teachings?

בַּיּוֹם הַשְּׁשִׁי לֶחֶם יּוֹמִים, שְׂבוּ אִישׁ תַּחְתּוֹ, אֵל יֵצֵא אִישׁ  
 < any < go < let << in his << – each << You should << for < food < on the sixth day  
 man out not place; man – remain two days.

מִמְקוֹם בַּיּוֹם הַשְּׁבִיעִי. וַיִּשְׁבְּתוּ הָעַם בַּיּוֹם הַשְּׁבִיעִי. וַיִּקְרָאוּ  
 << They << on the Seventh Day. < did the < Rest << on the Seventh Day. < from his  
 called people place

בֵּית יִשְׂרָאֵל אֵת שְׁמוֹ מִן, וְהוּא כְּזֶרַע גֹּד לֶבֶן, וְטַעְמוֹ  
 < and its << [but] < of co- < was like < It << manna. < its name << of Israel – < – the  
 taste white, riander, the seed House

כְּצִפְיַחַת בְּדָבֶשׁ. וַיֹּאמֶר מֹשֶׁה, זֶה הַדָּבָר אֲשֶׁר צִוָּה יְהוָה,  
 << HASHEM has < that < is the < This << Moses said, << [fried] < was like  
 commanded: thing in honey. a cake

מֵלֵא הָעֶמֶר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדוֹרֹתֵיכֶם, לְמַעַן יֵרָאוּ  
 < they < so that << for your < [shall be] for a < of it < An omer-full  
 will see generations, safeguarded treasure

אֵת הַלֶּחֶם אֲשֶׁר הָאֲכַלְתִּי אֶתְכֶם בְּמִדְבָּר בְּהוֹצִיאִי אֶתְכֶם  
 < when I took you out < in the Wilderness < you < I fed < that < the food

מֵאֶרֶץ מִצְרַיִם. וַיֹּאמֶר מֹשֶׁה אֶל אֶהֱרֹן, קַח צִנְצֻנֹת אַחַת וְתֵן  
 < and put < one jar < Take << Aaron, < to < Moses said << of Egypt. < from the land

שָׁמָּה מְלֵא הָעֹמֶר מִן, וְהִנַּח אֹתוֹ לִפְנֵי יְהוָה, לְמִשְׁמֶרֶת  
 < as a safeguarded < HASHEM < before < it < and place << of < an omer-full < there  
 treasure manna,

לְדֹרֹתֵיכֶם. כַּאֲשֶׁר צִוָּה יְהוָה אֶל מֹשֶׁה, וַיִּנְיַחְהוּ אֶהֱרֹן לִפְנֵי  
 < before < Aaron placed it << Moses, < to < HASHEM < As << for your  
 commanded generations.

הָעֵדֻת לְמִשְׁמֶרֶת. וּבְנֵי יִשְׂרָאֵל אָכְלוּ אֶת הַמָּן אַרְבָּעִים  
 < for forty < the manna < ate < of Israel < The << as a safeguarded < the [Ark of]  
 Children treasure. Testimony

שָׁנָה, עַד בָּאָם אֶל אֶרֶץ נוֹשָׁבֵת, אֶת הַמָּן אָכְלוּ עַד בָּאָם  
 < they < until < they < the manna << that was < a land < to < they < until << years,  
 came ate inhabited; came

אֶל קֶצֶה אֶרֶץ כְּנָעַן. וְהָעֹמֶר עֶשְׂרִית הָאֵיפָה הוּא.  
 << it is. < of an ephah < – a tenth << The omer << of < of the < the < to  
 Canaan. land border

## ✽ תפלה על פרנסה / PRAYER FOR LIVELIHOOD ✽

[THIS PRAYER IS NOT RECITED ON THE SABBATH AND FESTIVALS.]

אַתָּה הוּא יְהוָה לְבַדְּךָ, אַתָּה עָשִׂיתָ אֶת הַשָּׁמַיִם  
 < the heavens, < have made < You << alone. < HASHEM, < Who are < It is You

וְשָׁמַי הַשָּׁמַיִם, הָאָרֶץ וְכָל אֲשֶׁר עָלֶיהָ, הַיָּמִים וְכָל אֲשֶׁר  
 < that is < and < the seas << upon it, < that is < and < the earth < the loftiest heavens,  
 everything everything

בָּהֶם, וְאַתָּה מְחִיָּה אֶת כָּלֶם.<sup>1</sup> וְאַתָּה הוּא שְׁעָשִׂיתָ נִסִּים  
 < miracles < performed < Who < It is You << to all of them. < give life < and You << in them;

וּנְפִלְאוֹת גְּדוֹלוֹת תָּמִיד עִם אֲבוֹתֵינוּ. גַּם בַּמִּדְבָּר הַמִּטְרָתָּ  
 < You rained < in the < Also << our < for < always, < and great wonders,  
 down Wilderness forefathers.

לָהֶם לֶחֶם מִן הַשָּׁמַיִם,<sup>2</sup> וּמִצּוֹר הַחֲלָמִישׁ, הוֹצֵאתָ לָהֶם מַיִם,<sup>3</sup>  
 << water, < for < You brought < of flint < and from << heaven, < from < food < for  
 them forth the rock them

וְגַם נָתַתָּ לָהֶם כָּל צְרֻכֵיהֶם, וְשִׂמְלָתָם לֹא בָלְתָה מֵעַלֵיהֶם.<sup>4</sup>  
 << upon them. < wear out < did < and their << their needs, < all < for < You < and  
 not clothing them provided also

כֵּן בְּרַחֲמֶיךָ הַרְבִּיּוֹם וּבְחַסְדֶיךָ הָעֲצוּמִים, תִּזְוֶנְנוּ וְתִפְרֹנְסֵנוּ  
 < sustain us, < nourish << that is < and in Your < that is < in Your < So  
 us, powerful, kindness abundant mercy too,

(1) Cf. Nehemiah 9:6. (2) Cf. Exodus 16:4. (3) Cf. Deuteronomy 8:15. (4) Cf. 8:4.

וּתְכַלְכְּלֵנוּ וְתִסְפִּיק כָּל צְרָכֵנוּ, וְצְרָכֵי עַמְךָ בֵּית יִשְׂרָאֵל

< of Israel, < the < of Your < and the < our < all < and supply << support us,  
House people needs needs

הַמְרֻבִּים, בְּמִלּוֹי וּבְרוּחַ, בְּלִי טְרַח וְעִמָּל גְּדוֹל, מִתַּחַת

< coming << or great toil, < travail < without < and plenty, < with << which are  
from fullness abundant,

יְדֶךָ הַנְּקִיָּה, וְלֹא מִתַּחַת יְדֵי בֶּשֶׂר וְדָם.

<< and < [of man,] < the < coming < and << Your pure hand,  
blood. of flesh hands from not

יְהִי רְצוֹן מִלְּפָנֶיךָ, יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, שְׂתַכִּין לִי

< for < that you << of my < and < my < HASHEM, << before You, < the will < May  
me prepare forefathers, the God God it be

וְלֹא אֲנִשִּׁי בֵּיתִי כָּל מַחְסוֹרֵנוּ, וְתִזְמִין לָנוּ כָּל צְרָכֵנוּ. לְכֹל יוֹם

< day < for << our < all < for < and make < that we lack < all < of my < and for the  
every needs, us ready household members

יּוֹם מִחַיֵּינוּ דֵּי מַחְסוֹרֵנוּ, וּלְכֹל שָׁעָה וְשָׁעָה מִשְׁעוֹתֵינוּ דֵּי

< suffi- < of our hours, < after < hour < and for << for our needs, < suffi- < of our < after  
cient hour every cient lives, day

סְפוּקָנוּ, וּלְכֹל עֵצֶם מֵעֲצָמֵינוּ דֵּי מַחֲיָתָנוּ, כִּיְדֶךָ הַטּוֹבָה

< that is < in accordance << nourish- < suffi- < of our bones < bone < and for << supply,  
benevolent with Your hand ment, cient every

וְהִרְחָבָה, וְלֹא כְּמַעוֹט מִפְּעֻלֵּינוּ, וְקֶצֶר חֶסְדֵּינוּ, וּמִזְעִיר

< and from < kindness < the < of our deeds, < according to the < and << and  
the paucity due us, limited meagerness not generous,

גְּמוּלוֹתֵינוּ. וַיְהִיו מְזוֹנוֹתַי, וּמְזוֹנוֹת אֲנִשֵּׁי בֵּיתִי וְזַרְעֵי וְזַרְע

< and the < my << of my < of the < and the < my < May it << of the payment  
children offspring household, members nourishment nourishment be that we deserve.

וְרַעֲי, מְסוּרִים בְּיְדֶךָ, וְלֹא בְּיַד בֶּשֶׂר וְדָם.

<< and < [of man] < to the < and < to Your < are < of my  
blood. of flesh hand not hand committed offspring