

אם יש ספק אם בִּרְךְ או לא -  
אין חוזרים על הַבְּרָכָה



**IF A PERSON DOES NOT KNOW WHETHER  
OR NOT A BRACHA NEEDS TO BE SAID,  
THE BRACHA IS NOT SAID**



If a person is not sure whether he said a bracha before eating he should not repeat the bracha. He should do the same with Birchos Hashachar in the morning. If he forgot whether he said them, he should not say them again. In order to make a Bracha Achrona (the bracha said after eating 30

grams or 1.6 ounces of food), the food should be eaten within four minutes according to most opinions. Other opinions say that the food should be eaten within nine minutes. If the food was not eaten within this amount of time, he does not say a Bracha Achrona.