

# Deuteronomy 8:10

Authorized King James Version (KJV)

When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee.

## Analysis

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The command to 'bless the LORD' after eating acknowledges God as provider. The Hebrew *berakhta* (bless) means to praise, thank, and acknowledge. This instituted the practice of saying grace—thanking God for food. The timing 'when thou hast eaten and art full' is crucial: gratitude must follow satisfaction, not just accompany want. It's easy to pray in hunger; blessing God in fullness requires discipline and remembrance. The phrase 'the good land which he hath given thee' attributes the land and its produce to God's gift, not human effort. This combats the pride addressed in verses 11-18: thinking 'my power... hath gotten me this wealth.' Thanksgiving is the antidote to pride.

## Historical Context

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This command established the Jewish practice of *Birkat Hamazon* (Grace After Meals), still observed today. Jesus followed this practice (blessing bread at the Last Supper, giving thanks before feeding multitudes). The Pharisees' elaborate thanksgiving rituals sometimes obscured the heart attitude commanded here. The New Testament calls believers to thankfulness in all circumstances (1 Thessalonians 5:18; Colossians 3:17). Paul models this by giving thanks before meals (Acts 27:35). The practice trains the heart to recognize God's hand in daily provision.

## Related Passages

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**Ephesians 2:8** — Salvation by grace through faith

**John 3:16** — God's love and salvation

## Study Questions

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1. How consistent are you in genuinely thanking God for meals and daily provision?
2. What is the difference between rote religious ritual and heartfelt gratitude to God?
3. How does practicing thanksgiving after satisfaction (not just in need) guard against pride and self-sufficiency?

## Interlinear Text

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| וְאָכַלְתָּ          | וְשָׂבַר מִלֶּחֶם | וּבֵרַכְתָּ           | אֶת    | יְהוָה הָ           | אֱלֹהֶיךָ |
| When thou hast eaten | and art full      | then thou shalt bless | H853   | the LORD            | thy God   |
| H398                 | H7646             | H1288                 |        | H3068               | H430      |
| עַל                  | הָאָרֶץ           | הַטֹּבָה הַ           | אֲשֶׁר | נָתַן               | לָּךְ:    |
| H5921                | land              | for the good          | H834   | which he hath given | H0        |
| H776                 |                   | H2896                 |        | H5414               |           |

## Additional Cross-References

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**Psalms 103:2** (Blessing): Bless the LORD, O my soul, and forget not all his benefits:

**Proverbs 3:9** (References Lord): Honour the LORD with thy substance, and with the firstfruits of all thine increase:

**Romans 14:6** (References God): He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that

eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.

**1 Chronicles 29:14** (Parallel theme): But who am I, and what is my people, that we should be able to offer so willingly after this sort? for all things come of thee, and of thine own have we given thee.

**Matthew 14:19** (Blessing): And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude.

**1 Corinthians 10:31** (References God): Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

**John 6:23** (References Lord): (Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:)

**1 Thessalonians 5:18** (References God): In every thing give thanks: for this is the will of God in Christ Jesus concerning you.