

Halachos of Daily Living

Laws related to Berachos

When does the day begin for the counting of one hundred *brachos*? Does one begin counting from sunset, when the *halachic* day begins, or does one begin counting from the morning?

*Poskim*, such as the Mishna Berura (46:14), include the *bracha* of *HaMapil* (which is recited at night before going to sleep) as one of the beginning *brachos* of the day, in the count of one hundred *brachos*. This would indicate that the counting of *brachos* begins at night, and like most other mitzvos, the time-frame follows the *halachic* day.

Interestingly, many *poskim* write that if one davens *Maariv* on *Erev Shabbos* before sunset, or *bentches* at the conclusion of *Shalosh Seudos* after *Tzeis Hakochavim*, these *brachos* are counted toward the hundred *brachos* of Shabbos. (See Yabia Omer 10:7 and Shevet Halevi 5:23). This is because the *halachic* day of Shabbos can be extended both before and after Shabbos (*tosofos* Shabbos), and *brachos* recited anytime during Shabbos count toward that day.

Sefer Betzeil Hachochma writes that on a regular week night, if one davens *Maariv* before sunset, these *brachos* will count toward the earlier day.