

מָה נִשְׁתַּנָּה - Mah Nishtanah



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מה נִשְׁתַּנָּה הַלַּיְלָה הַזֶּה מִכָּל הַלַּיְלוֹת

Mah nishtanah halaylah hazeh mikol halaylot

**Why is this night different from all other nights?**

### **MAH NISHTANAH MESSAGE**

On Pesach we ask Hashem: Why is this exile (galut) different from all other exiles?  
We ask Hashem to take us to freedom and bring Moshiach speedily!

# Dipping - מטבוליין



שְׁבֹכֵל הַלֵּילוֹת אֵין אָנוּ מַטְבִּילִין אֶפִּילוּ  
פַּעַם אַחַת הַלַּיְלָה הַזֶּה שְׁתֵּי פְעָמִים

She'bechol haleilot ain anu matbilin afilu pa'am  
echat, halya hazeh shtei pe'amim

**On all other nights we don't dip even  
once; but on this night we dip twice.**

### MAH NISHTANAH MESSAGE

Dipping a vegetable into saltwater reminds us of the bitter tears we shed in Egypt. Dipping the Maror in charoset reminds us of the bricks we created as slaves. But when we dip, we also think about freedom; slaves eat plain food, like dry, crusty bread, free people eat tasty food!

Matzah - מצָה



שְׁבֹכֵל הַלֵּילוֹת אָנוּ אוֹכְלִין חֶמֶץ אוֹ  
מַצָּה הַלַּיְלָה הַזֶּה כֻּלּוֹ מַצָּה

She'bechol haleilot anu ochlin chametz o matza,  
halya hazeh kulo maztah

**On all other nights we eat Chametz or Matzah;  
but on this night we only eat Matzah.**

### MAH NISHTANAH MESSAGE

Matzah was the bread of slaves. It's flat, plain, and humble. But Matzah also reminds us how we rushed out of Egypt with no time to let our dough rise. That's freedom!

מָרְרוֹר - Marror



שְׁבֹכַל הַלַּיְלוֹת אָנוּ אוֹכְלִין שְׂאֵר יֵרָקוֹת  
הַלַּיְלָה הַזֶּה מָרֹר

She'bechol haleilot anu ochlin she'ar yerakot,  
halya hazeh maror

**On all other nights we eat all types of  
vegetables; but on this night we eat bitter  
Maror.**

### MAH NISHTANAH MESSAGE

Remember how it feels to eat Maror, the bitter herb? Your eyes tear up, your face turns red, and your mouth is on fire! That reminds us of how hard it was to be a slave in Egypt.



# מְסִבֵּין - Leaning



שְׁבַּכֵּל הַלַּיְלוֹת אָנוּ אוֹכְלִין בֵּין יוֹשְׁבִין  
וּבֵין מְסֻבִּין הַלַּיְלָה הַזֶּה כָּלָנוּ מְסֻבִּין

She'bechol haleilot anu ochlin bain yoshvin  
u'vain mesubin, halya hazeh kulanu mesubin

**On all other nights we eat sitting or leaning;  
but tonight we all lean.**

### MAH NISHTANAH MESSAGE

On Pesach we sit back, relax, and lean like a king while drinking and eating.  
We're like royalty tonight—truly free!