

# TANYA

*Likutei Amarim*

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## Perakim 21–30

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Questions on Tanya to Go Along with the Videos

Booklet 3

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Each section goes with one video. Watch it, then answer the questions.

★ marks a harder question. MAISEH = the story. HORA'AH = the lesson to do.

# Perek 21

*Hashem's word is holding you, right now*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. When a person speaks, what happens to his words? Is Hashem's speech the same? Why or why not?

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2. "My thoughts are not like your \_\_\_\_\_," says the posuk (Yeshayahu 55:8). Hashem's ways are not like the ways of \_\_\_\_\_.

3. If Hashem's word never leaves Him, why is it called "speech" at all?

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4. A word is completely ONE with you when it is...

- ☐ A. shouted out loud  
☐ B. still in your mind, before you say it  
☐ C. written down on paper  
☐ D. said by someone else

5. ★ Hashem's word stays one with Him. So why do we feel like we are our own separate thing?

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6. ★ The video brings the mashal of a snail (Bereishis Rabbah). What does it teach about the "covers" that hide Hashem's light?

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7. "Even \_\_\_\_\_ is not dark for You" (Tehillim 139:12): from Hashem nothing is \_\_\_\_\_.

8. The Baal Shem Tov explains "L'olam Hashem, d'varcha nitzav bashamayim." What does it teach about the sky, the ground and you?

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9. MAISEH While walking near Lubavitch, the future Rebbe Rayatz tore a leaf to pieces. What did his father, the Rebbe Rashab, tell him?

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10. HORA'AH This week's hora'ah is "Shivisi Hashem l'negdi tamid" (Rema, Shulchan Aruch OC 1:1). What does it mean, and when will YOU think it this week?

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# Perek 22

*The grey blob that shouts "ME!"*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Because Hashem's light hides through so many tzimtzumim, what can exist, even though it is not holy?

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2. The Alter Rebbe uses the mashal of a father giving a present. Explain each way of giving.

Panim (face):

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Achorayim (back):

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3. When YOU do a mitzvah or make a brachah, how is Hashem giving you life?

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4. Why does the sitra achra get life at all, if Hashem doesn't want it?

- ☐ A. Because it is stronger than holiness
- ☐ B. Only to punish the wicked and to reward the tzaddikim who push it down
- ☐ C. Because it asked nicely
- ☐ D. It doesn't get any life

5. The tiny holy spark stuck inside kelipah is in galus. This is called galus \_\_\_\_\_.

6. What does the kelipah say about itself, and why is it called "Elokim acherim", other gods?

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7. ★ Chazal say gasus haruach, a puffed-up ego, is like avodah zarah. Explain why, using the perek.

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8. ★ Does being humble mean feeling like a zero? What is the TRUTH a humble person feels?

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9. MAISEH The young Tzemach Tzedek asked his zaide, the Alter Rebbe, why the alef in "Vayikra" is small. What was the answer?

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10. HORA'AH This week's hora'ah: when you think "I'm better than him", what two things should you ask yourself?

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# Perek 23

## *Learning Torah: hugging the King*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. The Zohar says: "Oraisa v'Kudsha Brich Hu kula \_\_\_\_\_": the Torah and Hashem are all \_\_\_\_\_.
2. The Tikkunei Zohar calls the 248 mitzvos the 248 "limbs of the King". Use the mashal of your own hand to explain why.

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3. When you do a mitzvah, your body becomes a \_\_\_\_\_, a chariot for Hashem's will.
4. What is special about a chariot?
  - ☐ A. It is very fast
  - ☐ B. It has no plans of its own and goes wherever its rider wants
  - ☐ C. It is made of gold
  - ☐ D. It only moves on Shabbos
5. Chazal say "the Avos are the merkavah." What does that mean about Avraham, Yitzchak and Yaakov?

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6. ★ Why is learning Torah even HIGHER than being a merkavah when you do a mitzvah?

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7. Explain the Alter Rebbe's mashal of hugging the King (from perek 4). What are the "robes"?

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8. ★ According to the perek, learning Torah is greater than...

- ☐ A. only some mitzvos  
☐ B. all the mitzvos, even davening (but we still stop to daven on time)  
☐ C. nothing at all  
☐ D. only davening

9. MAISEH In exile in Kazakhstan, the Rebbe's father, Reb Levi Yitzchak Schneerson, had no paper or ink. How did he still write his Torah?

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10. HORA'AH What did the Rebbe ask every child to have in his room? What will YOU do before davening this week?

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# Perek 24

*A Yid never really wants to be separate*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. The 248 mitzvos are Hashem's will. What are the 365 "lo sa'aseh" mitzvos, and what does an aveirah do?

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2. ★ Why is a person who does an aveirah, at that moment, even LOWER than the kelipah?

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3. Chazal say: no one sins unless a \_\_\_\_\_, a spirit of foolishness, enters him.

4. What does the ruach shtus cover up, and what does it whisper?

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5. "The gnat came before you!" Why is even a gnat higher than someone doing an aveirah?

- ☐ A. It is very small  
☐ B. It only takes and never gives, but it still does what Hashem made it for  
☐ C. It can fly  
☐ D. It never sleeps

6. ★ Why were the lions humble before Daniel in the lions' den?

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7. ★ Explain each part of the mashal of grabbing the king's head.

The king's head:

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The dirty pit:

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8. Slipped? What does the Rambam say about someone who does teshuvah?

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9. MAISEH In 1927 an interrogator pointed a revolver at the Rebbe Rayatz: "This toy makes people cooperate!" What did the Rebbe answer?

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10. HORA'AH This week's hora'ah is about bedtime Shema. What is it like, and what will you do each night?

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# Perek 25

*Mesiras nefesh strength is already inside you*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. "Ki karov eilecha hadavar \_\_\_\_\_, b'ficha uvilvavcha la'asoso": the thing is very close to you, in your mouth and in your \_\_\_\_\_ (Devarim 30:14).
  
2. Why is the love for Hashem "in your heart" for sure? What do you need to push away to feel it?  
 \_\_\_\_\_  
 \_\_\_\_\_
  
3. Even very simple Jews gave up their lives al kiddush Hashem. Was it because of a clever reason? Explain.  
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 \_\_\_\_\_
  
4. Why does the video say holding back from something you crave is "so much easier"?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
  
5. ★ Why can't a Jew say: "I'll do the aveirah now and do teshuvah later"?
  - ☐ A. Because teshuvah doesn't work
  - ☐ B. Because the G-dly light of the Nefesh Elohis is above time, so "just for a moment" means nothing to it
  - ☐ C. Because he might forget
  - ☐ D. Because it's a small aveirah
  
6. Where does the heavy, lazy feeling come from? How do Chazal say to learn Torah instead?  
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 \_\_\_\_\_  
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7. ★ When you do a mitzvah, how long does the union with Hashem last up above? Bring the posuk.

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8. ★ Hashem promised that all nations would fear the Yidden. So why do we say Shema twice a day with mesiras nefesh?

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9. MAISEH Name two things the boy Chaim Meir Chazan did in Moscow that took real mesiras nefesh.

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10. HORA'AH The first halachah in Shulchan Aruch uses our perek's words. What are they, and what will you do this week?

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# Perek 26

*Simcha: the secret weapon*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Explain the mashal of the two wrestlers. Who gets thrown down?

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2. Fill in where each one comes from.

Heaviness comes from:

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Zrizus (quickness) comes from:

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3. ★ "B'chol etzev yihyeh mosar": in every sadness there is profit. Is sadness itself good? Explain.

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4. "Just as one blesses for the \_\_\_\_\_, one blesses for the \_\_\_\_\_"  
(Mishnah Berachos 9:5).

5. Why should a person accept something hard with simcha, like an obvious good?

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6. ★ In Hashem's Name, the revealed world is vav-hei. What is the hidden world?

- ☐ A. Alef-lamed  
☐ B. Yud-hei  
☐ C. Shin-dalet  
☐ D. Vav-hei too

7. Sad thoughts about your aveiros come in the middle of learning or davening. What does the Alter Rebbe say about them?

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8. Simcha is a \_\_\_\_\_ for serving Hashem: a happy boy is quick, full of energy, and he \_\_\_\_\_!

9. MAISEH A man asked the Maggid how to bless Hashem for the bad just like for the good. Where did the Maggid send him, and what did he hear there?

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10. HORA'AH Write the two sayings of this week's hora'ah. When will you say them?

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# Perek 27, Part 1

*Bad thoughts? Be happy!*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. A bad thought pops into your head while you are busy with everyday things. How should you feel, according to the Alter Rebbe?

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2. Pushing away a bad thought keeps the mitzvah "V'lo \_\_\_\_\_ acharei levavchem v'acharei \_\_\_\_\_" (Bamidbar 15:39).

3. ★ Is that posuk talking to tzaddikim? How do we know?

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4. Chazal say: "Yashav v'lo avar aveirah, nosnim lo s'char k'oseh mitzvah" (Kiddushin 39b). What does it mean?

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5. ★ Someone is sad: "Why am I not a tzaddik?" What does the Alter Rebbe say this sadness is?

- ☐ A. Real humility  
☐ B. A little gaavah: he should know his place  
☐ C. Teshuvah  
☐ D. A mitzvah

6. What is the job of a beinoni when a bad thought comes?

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7. Every push down here pushes down the sitra achra \_\_\_\_\_ too: "Im tagbiah kanesher... misham \_\_\_\_\_" (Ovadiah 1:4).

8. What is "iskafya sitra achra", and what does it cause above? From whom does Hashem get this nachas?

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9. MAISEH At a farbrengen in 1962, the Rebbe, who always kept his hands under the table, lifted them out of excitement. What was he speaking about?

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10. HORA'AH What is this week's hora'ah? Write the words you will tell yourself.

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## Perek 27, Part 2

*Your battle is a delicacy Hashem loves*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What if the battle with bad thoughts lasts your whole life? What does the Alter Rebbe say?

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2. ★ Iyov said "You created reshaim" (Bava Basra 16a). How does Tanya explain it?

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3. There are two kinds of nachas ruach for Hashem. Explain each one.

Tzaddikim:

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Beinonim:

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4. "V'asei li \_\_\_\_\_ ka'asher ahavti" (Bereishis 27:4): delicacies, plural!

5. ★ Explain the mashal of the two kinds of delicacies. Which one is your battle?

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6. The Alter Rebbe says to hold back a little even with permitted things. Give the examples from the video.

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7. "Adam mekadesh atzmo me'at..." (Yoma 39a). How does it end?
- ☐ A. ...he loses a lot
  - ☐ B. ...mekadshin oso harbeh: they make him very holy from above
  - ☐ C. ...he stays the same
  - ☐ D. ...he becomes a tzaddik right away
8. ★ "V'hiskadishtem vihyisem kedoshim" (Vayikra 20:7) is called both a command AND a promise. Explain.

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9. MAISEH A bochur in Kfar Chabad worked hard on iskafya but always felt guilty and miserable. What did the Rebbe tell him?

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10. HORA'AH What is this week's hora'ah, and HOW should you do it?

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# Perek 28

*When your mind wanders in davening*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. A foreign thought pops up in the middle of davening. What is the "worst thought of all" the video warns about?

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2. ★ There is a special avodah of lifting a foreign thought up to holiness. Should we try it? Why not?

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3. Why do foreign thoughts come exactly when you daven? Use the mashal of the wrestlers.

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4. ★ Someone thinks: "If I davened properly, I wouldn't have these thoughts." What does the Alter Rebbe answer?

- ☐ A. He's right  
☐ B. That would be true if you had one soul, but you have TWO, each wanting to rule your mind  
☐ C. He should stop davening  
☐ D. Only bad people have them

5. Davening comes from the Nefesh \_\_\_\_\_; the game and the phone come from the Nefesh \_\_\_\_\_.

6. Explain the mashal of the troublemaker who chatters in front of someone davening. What should the person do?

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7. "Al \_\_\_\_\_ k'sil k'ivalto": don't answer a fool according to his foolishness (Mishlei 26:4).

8. ★ If the thought is very strong and won't go away, what can you do? Why will Hashem surely help?

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9. MAISEH A bochur wrote to the Rebbe in 1962 that he couldn't concentrate in davening like before. What did the Rebbe answer?

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10. HORA'AH What is this week's hora'ah? What do you do when your mind wanders?

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# Perek 29, Part 1

*When your heart feels like a stone*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. A dull heart that feels like a stone, even when you understand Hashem's greatness, is called \_\_\_\_\_.

2. Does timtum halev mean you are broken? Who does it happen to?

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3. What causes timtum halev?

- ☐ A. The neshomeh's light is weak
- ☐ B. The kelipah of the Nefesh HaBahamis puffs itself up with pride and hides the light of the Nefesh Elokis
- ☐ C. Not enough sleep
- ☐ D. Learning too much

4. ★ Explain the Zohar's mashal of the wooden beam. What is the "beam", and what does it mean to "splinter" it?

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5. What should a person do at special set times to "chop" the kelipah?

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6. ★ Which "me" are we humbling? Fill in for each.

For a tzaddik, the "me" is:

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For a beinoni, the "me" is:

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7. ★ Hillel, going to eat, said he was doing a kindness for "the poor, lowly creature". Who did he mean, and why?

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8. About the Nefesh Elohis we say: "Neshamah \_\_\_\_\_ bi": the soul You put \_\_\_\_\_ me.

9. MAISEH Reb Ze'ev Kitzes lost the paper with all the shofar kavanos. What did he do, and what did the Baal Shem Tov say about it?

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10. HORA'AH What did chassidim wish each other, and what will you do before Shacharis this week?

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## Perek 29, Part 2

*Thunder at the yetzer hara, and switch on the light*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Chazal say a person should stir up his yetzer tov against his yetzer hara:

"\_\_\_\_\_ v'al techeta'u" (be angry, and don't sin).

2. What should you tell the yetzer hara, in your mind, about Hashem's light?

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3. "Ani Hashem lo \_\_\_\_\_": I, Hashem, have not \_\_\_\_\_ (Malachi 3:6).

4. ★ Why does the yetzer hara disappear before holiness?

- ☐ A. It gets tired  
☐ B. It has no real substance, like darkness, and even its life comes from holiness  
☐ C. It is scared of noise  
☐ D. It goes to sleep at night

5. Do you fight darkness with a broom? What is the lesson?

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6. ★ The meraglim said "the people there are stronger than us". How do Chazal read it (Sotah 35a)?

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7. ★ After the meraglim, the Yidden mourned greatly. The next morning they said "We will go up!" What happened to them, with no miracle?

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8. A doubt in emunah pops into your head. What is it, according to the perek? Why is it allowed to come?

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9. MAISEH A chossid told the Tzemach Tzedek that doubts in emunah fall into his mind. What did the Tzemach Tzedek ask, and what did the chossid's answer prove?

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10. HORA'AH Is a broken heart the same as sadness? What is this week's hora'ah?

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# Perek 30, Part 1

*Never look down on anyone*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. "Hevei shefal \_\_\_\_\_ bifnei kol ha' \_\_\_\_\_": be humble before every person (Avos 4:10).

2. Does this mean only being humble before good people? Who else, says the Alter Rebbe?

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3. "Al tadin es chavercha ad \_\_\_\_\_ limkomo": don't judge your friend until you're in his \_\_\_\_\_ (Avos 2:4).

4. Describe the man in the marketplace from the perek. Why might his battle be much harder than yours?

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5. "The yetzer isn't the same in everyone." What does this mean?

- ☐ A. Some people have no yetzer hara
- ☐ B. Each person gets his own test, and some tests are much bigger than others
- ☐ C. Only tzaddikim have a yetzer hara
- ☐ D. Everyone's test is exactly the same

6. ★ Does a person with a very hard test have an excuse to sin? Explain.

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7. ★ So how should you "weigh yourself"? What question do you ask?

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8. The perek speaks about davening as a battle. What should you fight before Shacharis and Maariv, and how should you daven?

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9. MAISEH Reb Levi Yitzchak of Berditchev saw a Jew greasing his wagon wheels in the middle of davening. What did he say?

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10. HORA'AH What is the Baal Shem Tov's "mirror"? What will you do this week?

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## Perek 30, Part 2

*Weigh your own battles, and be the best YOU*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Name a battle from the perek in each area.

Doing good:

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Turning from bad:

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2. Learning Torah "much more than your nature and habit": what is a small battle, and what is a real one?

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3. ★ Someone says: "He does real aveiros, I'm only missing some extra good." What does the perek answer?

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4. A fun conversation turns into a story about someone. What is the battle, even if it's tiny, true, or to clear yourself?

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5. Rabbi Shimon told his father Rabbi: "Yehuda the \_\_\_\_\_ wrote it." Rabbi answered: "Kaleich milashon \_\_\_\_\_!"

6. ★ What are "sins a person tramples with his heel" (Avodah Zarah 18a)?

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7. ★ Why is someone who learns Torah and wants to be close to Hashem expected to fight harder?

- ☐ A. Because he is smarter
- ☐ B. Because the closer you are to Hashem, the more is asked of you
- ☐ C. Because he has more free time
- ☐ D. He isn't expected to

8. After weighing your own battles, what happens to the kelipah and to your neshomeh (perek 29)?

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9. MAISEH Near the end of his life Reb Zusha was trembling. What did he say they would ask him? What does it teach you?

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10. HORA'AH What is this week's hora'ah, and where in halachah does it come from?

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