

TANYA

Likutei Amarim

Perakim 21–30

Questions on Tanya to Go Along with the Videos

Booklet 3

TEACHER'S EDITION

Answers are printed in italics, right on the answer lines.

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?

A person's words leave him and become something separate from him. Hashem's word never

leaves Him, because there is no place outside of Hashem: "leis asar panui minei."

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

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

Because speech reveals what was hidden inside a person. When Hashem's light comes out

of hiding to create the worlds and give them life, that is called His "speech" (like

the ten sayings, "Yehi ohr").

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?

Because Hashem's light comes down through many tzimtzumim (contractions) that cover

it, "hester panim". At full strength we couldn't take it, so it is hidden and we can

live and feel like ourselves.

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

A snail's shell is part of its own body. In the same way, the covers that hide

Hashem's light are part of Hashem too, so nothing is really separate from Him.

7. "Even **darkness** is not dark for You" (Tehillim 139:12): from Hashem nothing is **hidden**.
8. The Baal Shem Tov explains "L'olam Hashem, d'varcha nitzav bashamayim." What does it teach about the sky, the ground and you?

Hashem's word is standing inside everything and gives it life every single moment.

That word is one with Hashem, so He is not far away; He is holding you right now.

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

"Hashem made this leaf for a purpose, with His life inside it. How is the 'T' of this

leaf less than yours?" Every stalk and leaf moves as Hashem guides it ("See Elokus!").

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?

"I set Hashem before me always": remember the great King whose glory fills the world

is right by you, and you act differently. Once a day, when you sit down to learn,

think: "Hashem is right here with me!"

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?

Kelipah and the sitra achra, the "other side". They get their life from Hashem's word

too, but only with hester panim, from far, far down.

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

Panim (face): *Giving with a smile, looking right at him, because he wants to: how*

Hashem gives life to holiness

Achorayim (back): *Tossing it over the shoulder to someone he can't stand: how the*

sitra achra gets life

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

With His "face", panim: with real delight and joy, like a father happily giving a

present to his son.

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 **haShechinah**.

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

"Ani v'afsi od: it's ME, and nobody else!" It puffs itself up and is not batel to

Hashem at all, as if it were its own separate thing.

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

The root of avodah zarah is feeling "I am my own separate thing", apart from Hashem. A

show-off feels exactly that. Holiness rests only on what is batel, what feels "I'm

His!"

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

No. Before Hashem everything is like nothing ("kula kamei k'lo chashiv"), and humility

means feeling the truth: I'm Hashem's, part of His infinite plan. Hashem looks right

at the humble ("v'shafal yir'eh").

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

Adam knew his greatness and was taken by it, so he sinned; his name has a big alef.

Moshe knew his gifts too, but thought someone else with his neshomeh would have done

more, so Vayikra has a small alef.

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

"I don't know his test" (don't judge your friend until you're in his place), and "Am I

using MY gifts as much as I can?"

Perek 23

Learning Torah: hugging the King

Name: _____

Date: _____

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

Your hand rises the moment you want it to, with no will of its own; it is totally

batel to your soul. The mitzvos are Hashem's innermost will and are totally batel to

Him, like limbs.

3. When you do a mitzvah, your body becomes a **merkavah**, 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?

Every part of them, all their lives, was only for Hashem's will, with no will of their

own.

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

When you think and speak Torah, your mind and mouth become ONE with Hashem's will and

wisdom (every halachah is His will), not just a chariot carrying it.

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

If the King wears many robes, when you hug him you still hug the King himself. The

Torah is "dressed" in paper, ink and words of this world, but inside it is Hashem.

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?

His wife, Rebbetzin Chana, made ink by hand from herbs in the fields (green, red,

black), and he wrote his Torah thoughts in the margins of his few seforim. They were

later printed.

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

His own Chumash, Siddur and tzedakah pushka, with his name on them. Every weekday

morning before davening, put a coin in my pushka and think: "My hand is a merkavah for

Hashem!"

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?

They are the opposite of Hashem's will. An aveirah, chas v'shalom, separates a person

from Hashem's oneness, just like the kelipah, which is called "avodah zarah".

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

The kelipah knows its Master and never rebels; it only goes where it is sent. Even

Bilaam said, "I can't go against the word of Hashem." The person who sins goes against

Hashem's will.

3. Chazal say: no one sins unless a **ruach shtus**, a spirit of foolishness, enters him.

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

It covers the hidden love for Hashem in every Yid, who would give up his life rather

than bow to avodah zarah. It whispers: "It's just a small aveirah."

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?

A wild animal only attacks a person who looks to it like an animal. A tzaddik's face

shines with the tzelem Elokim, so they were humble before him.

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

The king's head: *Your neshomeh, which comes from Hashem's chochmah, one with Him*

The dirty pit: *The aveirah: dragging the neshomeh down, even for one moment*

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

"Yesterday he was separated from Hashem; today he clings to the Shechinah!" One real

"I'm sorry" and he is right back, close to Hashem.

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

"That toy scares someone with many gods and only one world. I have One G-d and two

worlds!"

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

Bedtime Shema is like a small vidui. You are still "in the market" and can fix things.

Each night, think back over the day; if something wasn't right, tell Hashem "I'm

sorry, tomorrow I'll do better!"

Perek 25

Mesiras nefesh strength is already inside you

Name: _____

Date: _____

1. "Ki karov eilecha hadavar **me'od**, b'ficha uvilvavcha la'asoso": the thing is very close to you, in your mouth and in your **heart** (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?

It is hidden in every Yid's heart. You only need to push away the ruach shtus, the

foolishness, and the forgetting, and remember it.

3. Even very simple Jews gave up their lives al kiddush Hashem. Was it because of a clever reason? Explain.

No. It is the G-dly nature of a Yid, the light of the Nefesh Elokis, not something he

figured out with his mind.

4. Why does the video say holding back from something you crave is "so much easier"?

If you would be ready to give up your life rather than be separated from Hashem, then

holding back from a craving, which is much smaller, is surely 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 Elokis 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?

From the element of "earth" in the Nefesh HaBahamis. Learn out loud and with real

effort, "like an ox under the yoke and a donkey with its load" (Avodah Zarah 5b).

7. ★ When you do a mitzvah, how long does the union with Hashem last up above? Bring the posuk.

Forever, because Hashem is above time: "Ud'var Elokeinu yakum l'olam" (Yeshayahu

40:8). A mitzvah you do today stays with Hashem forever.

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

That mesiras nefesh is for a different battle: beating your OWN yetzer hara, every

day, at any moment.

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

Any two: got up at 3 a.m. to learn Gemara with his father; made a siyum on Bava Metzia

at his bar mitzvah; rode buses for hours to a school without Shabbos classes; davened

with tefillin in a family's kitchen; stayed strong when a teacher mocked him.

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

"Yisgaber ka'ari": be strong like a lion to get up in the morning for Hashem. Say

Modeh Ani and get right out of bed, like a lion.

Perek 26

Simcha: the secret weapon

Name: _____

Date: _____

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

Each wrestler tries to throw the other. The lazy, heavy one gets thrown, even if he is stronger. Against the yetzer hara too, heaviness makes you lose.

2. Fill in where each one comes from.

Heaviness comes from: *Atzvus, sadness*

Zrizus (quickness) comes from: *Simcha*

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

No, sadness itself is worth nothing. The profit comes AFTER real regret at the right time, which breaks the iron wall, and then comes true joy in Hashem.

4. "Just as one blesses for the **good**, one blesses for the **bad**" (Mishnah Berachos 9:5).

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

Because it IS good, just hidden from our eyes. It comes from the hidden world, which is higher than the revealed world.

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?

It's a trick of the yetzer hara: now is NOT the time. Regret has its own calm time.

Push the sadness away, believe Hashem forgave you, and serve Him with joy.

8. Simcha is a **tool** for serving Hashem: a happy boy is quick, full of energy, and he **wins**!
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?

To Reb Zusha of Anipoli, who was very poor but always cheerful. Reb Zusha said: "Why

did the Rebbe send you to me? Send him to someone who has suffered!" To him,

everything from Hashem was good.

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

"Kol d'avid Rachmana l'tav avid" (everything Hashem does is for the good) and the

Tzemach Tzedek's "Tracht gut, vet zain gut". When something goes wrong, smile and say

it.

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?

"Adaraba!" On the contrary: be happy! Each time you push it away, you keep a mitzvah.

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

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

No, it is for beinonim like us. A tzaddik doesn't have bad thoughts coming up; the

posuk is talking to someone who has them and pushes them away.

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

One who sat and did not do the aveirah gets reward as if he did a mitzvah.

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?

To push it away with both hands, right away, again and again.

7. Every push down here pushes down the sitra achra above too: "Im tagbiah kanesher... misham oridcha" (Ovadia 1:4).

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

Holding back and pushing down the sitra achra. It brings a huge nachas ruach to

Hashem, and Hashem's glory rises above everything. He gets it from YOU, not only from

angels or tzaddikim.

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?

Iskafya: "Imagine, with one iskafya one 'overturms' all the worlds!"

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

When a bad thought pops up, push it away and smile, and tell yourself: "That one was

for Hashem!"

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?

Don't be sad! Maybe that is exactly why you were created: to fight that battle.

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

Not that people were created to really DO bad, but that bad thoughts come into their minds, and they fight all their lives to push them away.

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

Tzaddikim: Turn darkness into light and bitter into sweet

Beinonim: Push the sitra achra down while it is still at its strongest

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

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

There are sweet foods, and sharp, sour foods spiced up so they taste delicious. The beinoni's battle is like the spiced sharp food: a delicacy Hashem loves.

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

Wait a bit before eating; hold back words you want to say; and even hold back a thought.

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.

The command: make yourself holy. The promise: "you will be holy": when you sanctify

yourself a little, great holiness comes down from above to help you.

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

"What you wrote about iskafya is in error." Iskafya is not hurting yourself; it comes

from the drive of the Nefesh Elokis. "This angst doesn't allow you to study Torah

properly."

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

Once a day, hold back one word you want to say but don't need to. Do it happily: your

Nefesh Elokis is choosing something higher.

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?

"I'm a bad davener; my davening is worth nothing." The Alter Rebbe says not to let

your heart fall; davening should be with great simcha.

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

No, don't be foolish and try it. It is only for tzaddikim. How can you lift it up when

you yourself are tied down below?

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

When one wrestler starts winning, the other fights back with all his strength. Your

Nefesh Elohis pushes hard to daven, so the kelipah pushes back with a foreign thought.

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 **Elohis**; the game and the phone come from the Nefesh **HaBahamis**.

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

Don't argue with him, or he'll just start again. Act like you are deaf and don't hear

him, and daven with even more strength.

7. "Al **ta'an** 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?

Ask Hashem for help in your heart, like a father has pity on his children. "Ki chelek

Hashem amo": your neshomeh is part of Hashem, so helping it is like helping Himself.

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

It is one of the well-tried tricks of the Yetzer to discourage and distract. Recognize

it as a test, and it is overcome by recognizing it. There is no place for

discouragement.

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

Daven from a siddur, and even if you know it by heart keep it open at the right place,

finger on the words. Mind wandered? Eyes back to the siddur, with a smile.

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 **timtum halev**.

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

No. It happens to beinonim sometimes, and even often.

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?

A beam that won't catch fire should be splintered, then it catches. The beam is the

body and the proud Nefesh HaBahamis; splintering means humbling it, letting the air

out of its pride, so the fire of the Nefesh Elokis catches.

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

Think honestly about himself and humble the puffed-up "me" ("nivzeh b'evinav nim'as").

A broken heart breaks the sitra achra, and the light shines through.

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

For a tzaddik, the "me" is: *The Nefesh Elohis*

For a beinoni, the "me" is: *The Nefesh HaBahamis*

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

His body. For a tzaddik like Hillel, his real "me" was his Nefesh Elohis, and the body

was something else he took care of.

8. About the Nefesh Elohis we say: "Neshamah ***shenasata*** bi": the soul You put ***inside*** me.

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

He blew the shofar simply, with a broken heart and tears. The Baal Shem Tov said it

was an extraordinary shofar-blowing: in the King's palace there are many keys, but one

master key opens every door, and that is a broken heart.

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

"Az es zol zich davenen!": may the davening just pour out. Before Shacharis, ask

Hashem in my own words to open my heart and bring me a little closer.

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: "**Rigzu** 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?

"How long will you hide Hashem's light? His infinite light fills all the worlds, right

here where I stand, just as before the world was created!"

3. "Ani Hashem lo **shanisi**": I, Hashem, have not **changed** (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?

No, you turn on the light and the darkness is gone. So you don't need to wrestle with

the yetzer hara forever; bring in holiness and it disappears.

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

"Stronger than HIM", as if Hashem couldn't, chas v'shalom.

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

Their hearts broke when they heard Hashem's strong words, and the kelipah's chutzpah

just fell away. Their faith came right back, because Yidden are maaminim bnei

maaminim.

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

Just empty words of the sitra achra; the kelipah itself has no doubts. It is only

allowed to test you, so you win more reward.

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?

"Ma ichpas lach?": so what do you care? The chossid cried, "What kind of question is

that? I'm a Yid!" That itself proved that he believes.

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

No. Sadness makes the heart dull like a stone; a broken heart is alive, and then comes

true simcha (perek 31). Hora'ah: serve Hashem with simcha; when you feel nothing or a

doubt pops up, jump right into one good thing.

Perek 30, Part 1

Never look down on anyone

Name: _____

Date: _____

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

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

Before EVERY person, truly, even before the "kal shebekalim", someone who does the

worst things.

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

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

His parnassah keeps him in the marketplace all day, with temptations everywhere: "the

eye sees and the heart desires." His yetzer may burn "like a baker's oven". You may be

home more, or calmer by nature.

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.

No. The mind can rule the heart, so he still has to fight. But for him it is a huge

war, like a real nisayon.

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

Do I fight a battle as big as his? If I'm not fighting that hard in my own avodah, I

haven't reached his level of battle yet.

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

Fight the body and the Nefesh HaBahamis every day (the warm bed, the snooze button,

the phone), then pour out your heart before Hashem with all your strength, like

standing before the King of kings.

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

Instead of yelling at him: "Hashem, look how holy Your people are! Even greasing their

wheels, they daven to You!" He looked for the good.

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

The bad you see in someone else is a mirror, to show you what to fix in yourself. When

someone's fault bugs me, I'll ask: where do I have a little of this? and work on that.

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: *Bentching and brachos with kavanah; a mitzvah lishmah; learning much*

more than usual; tzedakah with real effort

Turning from bad: *Stopping in the middle of a story about someone; holding back*

from permitted things you don't need

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

Usually 20 minutes and pushing to 22 is a small battle. A real battle is when the game

is calling and you keep learning, way past your usual.

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

"Sur meira" and "aseh tov" are BOTH the mitzvah of the Holy King. Every mitzvah is

what the One King wants from you.

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

To stop in the middle and not say it: even something small, even true, even "It wasn't

me, it was him!"

5. Rabbi Shimon told his father Rebbi: "Yehuda the **tailor** wrote it." Rebbi answered: "Kaleich milashon **hara**!"

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

Things a person does so often that they start to feel allowed.

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)?

You can feel humble before anyone, for real. Then the puffed-up kelipah breaks and

your neshomeh's light shines through you.

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?

"They won't ask me why I wasn't Moshe. They'll ask: Zusha, why weren't you Zusha?"

Hashem doesn't compare you to anyone; He wants the best YOU.

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

Bentch from a bentcher, word by word with kavanah, not by heart (Mishnah Berurah

185:1). It's one of the battles our perek names.
