

TANYA

Likutei Amarim

Perakim 31–40

Questions on Tanya to Go Along with the Videos

Booklet 4

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 31, Part 1

A broken heart is alive, and joy comes after it

Name: _____

Date: _____

1. The last perakim told you to make an honest cheshbon. What if thinking about it for an hour or two makes you very sad? What does the Alter Rebbe say?

2. About kedushah it says: "Oz v'_____ bimkomo," strength and _____ are in His place.

3. What did the Arizal teach about when to worry about your aveiros, and when to be only happy?

4. ★ "The handle of the axe that chops the forest comes from the forest itself." What does this mashal teach?

5. "B'chol etzev yihyeh _____" (Mishlei 14:23): in every sadness there is a _____.

6. What is the difference between the two?

Atzvus (sadness):

Merirus (bitterness):

7. The life in a broken, bitter heart comes from...
- ☐ A. chesed (kindness)
 - ☐ B. the holy power of gevurah
 - ☐ C. the Nefesh HaBahamis
 - ☐ D. the yetzer hara
8. ★ When is the best time to make this cheshbon, says the Alter Rebbe? What happens to the regular sadness?

9. MAISEH A chossid stood crying on the side at hakafos, worried about his child. What did he do, and what did the Rebbe tell him afterward?

10. HORA'AH What is this week's hora'ah? How did the Rebbe describe merirus and atzvus in a letter?

Perek 31, Part 2

Bring your neshomeh home with joy

Name: _____

Date: _____

1. After the cheshbon, what should a person say to himself? Finish it: "True, I'm far from Hashem, but..."

2. The Nefesh Elohis is a "chelek _____ mamash," a real part of Hashem, even in the _____ shebekalim.

3. The farther a person is from Hashem, the deeper his neshomeh's galus. What should he feel toward her, what should be his goal, and how does he reach it?

4. "Ivdu es Hashem b' _____": serve Hashem with _____.

5. Tell the mashal of the king's son. What does it teach about the joy of learning and davening?

6. ★ At Yetzias Mitzrayim the Torah says "Ki varach ha'am," the people ran away. Why did they have to run? What will be different with Moshiach?

7. If the body still wants what it wants, what should you do?
- ☐ A. Stop learning until it changes
 - ☐ B. Be sad about the body all day
 - ☐ C. Be happy with the neshomeh's joy and not mix in the body's sadness
 - ☐ D. Wait for a better day
8. ★ The trampoline example: why did Hashem put His light into a body like yours?

9. MAISEH Rabbi Ezra Schochet asked the Rebbe in yechidus to help him do teshuvah, with tears. What did the Rebbe answer, and what did he explain later?

10. HORA'AH What is this week's hora'ah, and what does the Rambam say about it?

Perek 32, Part 1

Every Jew is your real brother

Name: _____

Date: _____

1. Last perek taught that the body is small and the neshomeh is what counts. Which big mitzvah does the Alter Rebbe say this makes "straight and easy"?

2. Why are all Jews called "achim mamash," real brothers? What is separate, and what is not?

3. If a person treats his body as the main thing, his love for others will be...

- ☐ A. love that depends on a thing, which goes away when the thing is gone
- ☐ B. real love for every Jew
- ☐ C. love only for tzaddikim
- ☐ D. the same as loving himself

4. Your brother fights with you over the last slice of pizza. Is he still your brother? What does this teach about every Jew?

5. Hillel told the man on one foot: "What is _____ to you, don't do to your _____." That's the whole Torah; the rest is the explanation."

6. ★ How can loving a Jew be "the whole Torah" if there are mitzvos between a person and Hashem, like Shabbos and tefillin?

7. ★ Where does Hashem NOT rest, according to the perek? What does that tell you?

8. In Shemoneh Esrei we say: "Barcheinu Avinu, kulanu k'_____ b'or panecha,"
bless us, our Father, all of us as _____.

9. MAISEH In the summer of 1991 a woman in the dollars line said she was tired after one hour. What did the Rebbe answer, and what does it show?

10. HORA'AH What did the Baal Shem Tov teach about why a neshomeh may come down for 70 or 80 years? What is this week's hora'ah?

Perek 32, Part 2

Hate the bad, love the Jew

Name: _____

Date: _____

1. The Gemara says that if you see your friend do an aveirah, it's a mitzvah to hate him. Who is this "friend," and only after what?

2. "Hoche'ach _____ es amisecha": you shall surely _____ your fellow.

3. What did Hillel say to do with someone far from Torah and mitzvos? Why does he call people "briyos"?

4. If you pull someone close and he still doesn't come close to Torah, what have you lost?

5. With what does the Alter Rebbe say to pull people close?

- ☐ A. Strong ropes of love
☐ B. Long speeches
☐ C. Prizes
☐ D. Strict rules

6. ★ The chaver who didn't listen to rebuke: how can you hate him and love him at the same time?

7. Why should you have rachmonus on that spark? What does rachmonus do to hatred?

8. ★ "Yaakov, who redeemed Avrohom": what does each name stand for?

Yaakov:

Avrohom:

9. MAISEH The Rebbe Rayatz spent a freezing Shabbos at an inn among Jew-hating peasants to stop Stolypin's decree. Why did he mention his fur coat, as the Rebbe explained?

10. HORA'AH What did the Baal Shem Tov say is needed for ahavas Yisroel, even for a Jew you have never seen? What will you do this week?

Perek 33, Part 1

Hashem is One, and He lives with you

Name: _____

Date: _____

1. For days when you feel heavy inside, what one more road to true simcha does the Alter Rebbe give?

2. What does "Hashem's true unity" mean, more than "there is one G-d"?

3. ★ The mashal from your own neshomeh: where is a word before you say it? What does this teach about the world?

4. The sun's light shines across the sky. What happens to it inside the sun itself? What does the flashlight on the beach show?

5. "Ein od _____": there is nothing else besides _____.

6. When you really think about this, what happens to your heart? Why?

7. Why were you and all the worlds created?

- ☐ A. So the angels have a place
- ☐ B. Because Hashem wanted a dirah, a home, in the lowest world
- ☐ C. So people can be comfortable
- ☐ D. Only for the upper worlds

8. ★ The mashal of the poor man and the king: how happy would he be, and how much more for us?

9. MAISEH In 1812 the Alter Rebbe asked his grandson what he sees on the ceiling. What did each one answer?

10. HORA'AH What does the Alter Rebbe's Shulchan Aruch say to think on the ches and the dalet of "echad"? What's this week's hora'ah?

Perek 33, Part 2

Double joy: Hashem's joy and yours

Name: _____

Date: _____

1. Every morning we say: "Ashreinu! Mah tov _____, umah na'im goraleinu, umah yafah _____!"

2. What "inheritance" from our Avos is worth infinitely more than a fortune? Why is it like an inheritance?

3. The Gemara says 613 mitzvos were given, and then Chavakuk based them all on one. Which one?

4. ★ How should you be happy with your emunah, and where does that joy take you?

5. The joy of emunah lifts your neshomeh over obstacles. Give an example of each kind.

From inside:

From outside:

6. Why does it say "yichyeh," he will LIVE?

7. ★ What are the two joys?

Joy number one:

Joy number two:

8. ★ "Yismach Yisroel b'osav": osav literally means "Makers," plural. Why?

- ☐ A. It means the malachim
- ☐ B. Our world is like a reshus harabim, full of many separate things
- ☐ C. It's a mistake
- ☐ D. It means the Avos

9. MAISEH The Baal Shem Tov's story: what did the malachim find in Heaven after Simchas Torah, and what did Michael make from it?

10. HORA'AH What did the Rebbe say breaks through all barriers? Which niggun did he ask the children to sing, and when will you sing it?

Perek 34, Part 1

Make Hashem a home with fixed times for Torah

Name: _____

Date: _____

1. The Avos were a "merkavah," a chariot, for Hashem. What does that mean?

2. Chazal say about Moshe Rabbeinu: "The _____ spoke from Moshe's _____."

3. At Har Sinai the Yidden's souls flew out at every word. What did Hashem tell them to build right away, and why?

4. Since the Beis HaMikdash was destroyed, where does Hashem have His place in the world? Why there?

5. "My mind is too small to be a real merkavah like the Avos." So what should a person decide to do?

6. Even if you're busy, Chazal say: even one _____ in the morning and one _____ at night!

7. How should a person feel about hosting Hashem twice a day?
- ☐ A. Worried that it isn't enough
 - ☐ B. Glad, thanking Hashem with a joyous heart for his portion
 - ☐ C. Proud that he is better than others
 - ☐ D. Nothing special
8. ★ You would learn more if you had the time. How does Hashem count that, and what does the Rebbe explain it means for your whole day?

9. ★ MAISEH Yehuda Eizel was worried that a store would keep him from Torah. What was the Mittler Rebbe's mashal of the merchant from Shklov?

10. HORA'AH The Rebbe asked every Yid to set fixed times for Torah, "fixed in the soul." What is this week's hora'ah?

Perek 34, Part 2

Tzedakah, food, and a heart with two sides

Name: _____

Date: _____

1. When a Yid is busy working all day, how does he still make a home for Hashem?

2. Chazal: "Just as He is _____, so you be merciful." The Tikkunim call chesed Hashem's _____ arm.

3. If he gives only a fifth, what happens to the other four parts?

4. ★ How is tzedakah like the korbanos?

5. How can the slice of pizza you eat at lunch become part of Hashem's home?

6. ★ The Alter Rebbe also told us to feel humble and even ashamed. Doesn't that ruin the simcha? Explain.

7. The Zohar says: "_____ is lodged in one side of my heart, and _____ is lodged in the other."
8. Rabbi Elazar was sad and happy at once when his father, Rabbi Shimon, taught him secrets about...
- ☐ A. the Beis HaMikdash being destroyed
 - ☐ B. the Mabul
 - ☐ C. the Avos
 - ☐ D. Yetzias Mitzrayim
9. MAISEH Reb Peretz offered to pay the whole 18 rubles himself. Why did the rav of Shchedrin say the yetzer hara called the meeting?
- _____
- _____
- _____
10. HORA'AH The Rebbe asked every child to make his room a mini Mikdash. What three things go in it, and what will you do every weekday?
- _____
- _____

Perek 35, Part 1

The body is the wick, mitzvos are the oil

Name: _____

Date: _____

1. The beinoni wins every day, but his Nefesh HaBahamis stays strong his whole life. What big question does the Alter Rebbe ask about him?

2. "The wise man's _____ are in his _____" (Koheles 2:14).
3. How does the Zohar explain that posuk? Why don't we walk four amos with our head uncovered?

4. In the mashal of the lamp, what is each part?

The wick:

The oil:

5. Why does a lamp need oil, and not just a wick?

6. ★ Why can't the neshomeh itself be the "oil"?

7. Why does a mitzvah melt completely into Hashem's light?

- ☐ A. Because it is hard
- ☐ B. Because a mitzvah is Hashem's will itself, His innermost wish
- ☐ C. Because angels carry it
- ☐ D. Because you feel it

8. ★ The storekeeper mashal from Lessons in Tanya: what does it teach about Hashem's "innermost will"?

9. MAISEH The Rebbe told Yehuda Avner about wax and a string in a cupboard. When do they become a candle? What did the Rebbe answer at the door?

10. HORA'AH Hayom Yom, 10 Sivan: "You have a good lamp, but you lack the igniter." What is the advice, and what will you do this week?

Perek 35, Part 2

One mitzvah lights you up from head to foot

Name: _____

Date: _____

1. When you learn Torah, which powers do you use? On what does the Shechinah then rest?

2. To bring the light onto your body and Nefesh HaBahamis too, what do you need? Give an example.

3. ★ The Nefesh Elohis can't move your hand by itself. So who moves it, and what happens to that energy in a mitzvah?

4. ★ The beinoni's Nefesh HaBahamis still has bad middos deep inside. Why don't they block the light?

5. When you do one mitzvah, Hashem's light shines over...

- ☐ A. only your hand
☐ B. only your head
☐ C. your whole body and Nefesh HaBahamis, from head to foot
☐ D. only your neshomeh

6. Chazal say: on every gathering of _____ Jews, the _____ rests.

7. A heretic asked Rabban Gamliel: "How many Shechinahs do you have?" What was his answer, and what does it mean?

8. Basketball practice is in ten minutes. How do you do tefillin? (Not bar mitzvah yet: what's your version?)

9. MAISEH Days before the Six-Day War the Rebbe started Mivtza Tefillin. What happened at the Kosel right after Shavuot?

10. HORA'AH Where do tefillin go, and what does that teach? What is this week's hora'ah?

Perek 36, Part 1

Why Hashem made the world: a home down here

Name: _____

Date: _____

1. Why did Hashem create the world, as Chazal say?

2. Why is a "home" a good word for this? Think about how a person is at work and at home.

3. ★ For Hashem there's no higher or lower. So what makes one world "higher" and another "lower"?

4. What do the kelipos in this world say?

- ☐ A. "Hashem is everywhere"
- ☐ B. "I am, and there's nothing else besides me"
- ☐ C. "We want to be holy"
- ☐ D. Nothing at all

5. This world is the lowest of all: no world hides Hashem more. Its darkness is

_____ and _____.

6. ★ Why can't the purpose be the higher worlds?

7. What does Hashem want done in this world? What is special about that light?

8. Your snack, your basketball, your phone: how can they become "darkness turned into light"?

9. MAISEH Reb Elimelech cried because he couldn't daven Mincha in a jail cell with a pail. What did Reb Zusha say, and what happened next?

10. HORA'AH Hayom Yom, 27 Elul: Hashem makes _____ things out of spiritual, and the Yidden make spiritual out of _____. This week: make one physical thing a home for Hashem.

Perek 36, Part 2

When the whole world will shine

Name: _____

Date: _____

1. When will the light of Hashem's home shine openly?

2. A light that huge: how will we be able to take it?

3. At Matan Torah: "Atah hor'eisa lada'as ki Hashem Hu HaElokim, _____ od _____": there is nothing else.

4. ★ At Matan Torah, from which directions did the Yidden hear Hashem's words? Why was it like that?

5. Their souls flew out at every word. With what did Hashem bring them back?

6. What made the world coarse again after Matan Torah?

- ☐ A. The Mabul
- ☐ B. The sin of the eigel
- ☐ C. The Migdal Bavel
- ☐ D. Nothing

7. ★ At the end of days, what will happen to the body and the world? Will only the Yidden see the light?

8. MAISEH In Basi LeGani (Yud Shevat 5711), how did the Shechinah go up to the seventh heaven, and how did it come back down?

9. "All sevenths are cherished." What did the Rebbe say is demanded of each of us, the seventh generation?

10. HORA'AH Hayom Yom, 29 Menachem Av: what is more precious than being led by the hand from Above? What will you do this week?

Perek 37, Part 1

Every mitzvah lifts a piece of the world

Name: _____

Date: _____

1. On what does the whole future, Moshiach and techiyas hameisim, depend?

2. Chazal say: "The _____ of a mitzvah is the _____ itself."

3. ★ Tefillin parchment, an esrog, honest tzedakah money: where do they come from, and what happens to them in a mitzvah?

4. Learning and davening are mostly speech. Why do they still count as "doing"?

5. Dovid HaMelech said: "All my _____ shall speak!" The more strength in your words, the more _____ becomes holy.

6. Follow your breakfast: how does it end up in holiness?

7. ★ What does each group of mitzvos do?

365 don'ts:

248 do's:

8. The souls of Israel are 600,000 roots. Each neshomeh has...
- ☐ A. nothing to do with the world
 - ☐ B. its own piece of the world to lift up: its food, home and things
 - ☐ C. the same job as every other neshomeh
 - ☐ D. only the job of learning
9. MAISEH The Baal Shem Tov let the horses wander to a hidden brook and made a bracha on its water. Why, as he explained later?

10. HORA'AH The Tzemach Tzedek: "Better to eat for the sake of ___ than to ___ for the sake of eating" (Hayom Yom, 10 Shevat). What's this week's hora'ah?

Perek 37, Part 2

Tzedakah lifts all of you; Torah calls Hashem close

Name: _____

Date: _____

1. What do Chazal say tzedakah is equal to? What is it called in the Yerushalmi?

2. ★ Why does tzedakah lift more of the Nefesh HaBahamis than most mitzvos?

3. And if you didn't work for the money?

4. Chazal say: tzedakah brings the _____ closer.

5. ★ Chazal also say learning Torah is equal to all the mitzvos. How can both be true?

6. In the mashal of the King:

The mitzvos are like:

Torah is like:

7. You're learning, and a mitzvah comes up that nobody else can do. What does halachah say?
- ☐ A. Keep learning
 - ☐ B. Stop learning and go do the mitzvah
 - ☐ C. Ask someone else to do it
 - ☐ D. Do it later

8. **MAISEH** Reb Sholom Ber Lifshitz asked if he must give up his own learning for Yad L'achim. What did the Rebbe answer?

9. Learning Torah is like a child calling his father. What does the child say? Which posuk does this explain?

10. **HORA'AH** Why did Rabbi Elazar give a coin before davening (Hayom Yom, 2 Kislev)? What's this week's hora'ah?

Perek 38, Part 1

Action is the body, kavanah is the soul

Name: _____

Date: _____

1. If you say Shema only in your mind, with all your concentration, are you yotzei? And if you said the words without kavanah?

2. Which two things must be repeated if said without kavanah?

In Shema:

In Shemoneh Esrei:

3. ★ Why does saying the words count more than only thinking them?

4. The Shelah HaKadosh says: davening without kavanah is like a _____ without a _____.

5. Hashem gives life even to a stone, every moment. What would happen without it?

6. How is the life in a stone or a body different from the life of a soul?

7. A mitzvah done WITH kavanah to cling to Hashem brings down...

- ☐ A. the same light as without kavanah
- ☐ B. a little more light
- ☐ C. a light infinitely higher
- ☐ D. no light at all

8. ★ Is thinking about Hashem higher than doing the mitzvah? So why does Hashem want kavanah?

9. MAISEH At the inn, how did the chassid answer the guests' fast, mumbled davening? What did they promise?

10. HORA'AH How does the Alter Rebbe's Shulchan Aruch say to read Shema? What is this week's hora'ah?

Perek 38, Part 2

Four levels: give every mitzvah a soul

Name: _____

Date: _____

1. Everything in creation is one of four: _____ (a stone), _____ (a plant), chai (an animal) and _____ (a person who speaks).

2. What do the four levels match, and how are they different from each other?

3. ★ The mitzvos have four levels too. Name them.

The body (two levels):

The soul, kavanah (two):

4. What is the highest kavanah, "like the soul of a human being"?

5. If you can't feel that yet, what does every Yid have to wake up?

- ☐ A. Nothing
- ☐ B. A hidden love, an inheritance from the Avos
- ☐ C. A love you buy
- ☐ D. Only fear of punishment

6. ★ What do you say to yourself to wake up the hidden love? What awe is inside it?

7. Kavanah from the hidden love is like the soul of an _____: natural, not from _____ . But it's still a real, living soul!

8. You say a perek of Tehillim for a sick friend from your heart, without understanding every word. Does that count?

9. MAISEH The Baal Shem Tov's talmidim put their hands on each other's shoulders. What did they hear, and what did he teach them?

10. HORA'AH Hayom Yom, 8 Cheshvan: where does the word "mitzvah" come from? What will you do this week?

Perek 39, Part 1

Angels stand still; you can climb

Name: _____

Date: _____

1. Why are the angels called Chayos and Behemos, names of animals?

2. Yechezkel saw the face of a _____ on the right and the face of an _____ on the left.

3. In which world do they live?

The angels:

The souls of tzaddikim:

4. A person thinks deeply about Hashem's greatness until his heart fills with love. Where does that love reach?

5. ★ Yidden who serve Hashem with the simple, natural love: when do they visit the higher Gan Eden, and how?

6. Why can a person be higher than an angel?

7. **MAISEH** When Moshe went up for the Torah, how did he answer the angels? Give two of his questions.

8. ★ Where does a mitzvah done with love and fear go up to?
- ☐ A. It stays in this world
 - ☐ B. It becomes one with the ten Sefiros, in Beriah or Yetzirah
 - ☐ C. Only to the angels
 - ☐ D. Nowhere

9. ★ Who lives in Atzilus, and how can YOU touch it?

10. **HORA'AH** Hayom Yom says angels are "standers" and souls are "walkers." What does it mean, and what's this week's hora'ah?

Perek 39, Part 2

Love and fear give your mitzvah wings

Name: _____

Date: _____

1. Where does each kind of avodah reach?

Love and fear from understanding:

Natural love woken up in the mind:

2. Tikkunei Zohar: without fear and love, a mitzvah cannot _____ up and stand before _____.

3. A boy does mitzvos only out of habit, the way he was trained since he was little. Where do those mitzvos go?

4. ★ Why do you need at least a little love or fear to really do something "for Hashem"? Use the example of a friend.

5. Is love alone enough?

- ☐ A. Yes, love is everything
☐ B. No, you also need at least a little fear: simple respect for the King
☐ C. No, you need only fear
☐ D. Neither is needed

6. What happens to Torah learned to show off, to be called a big scholar? How does it come back?

7. Chazal say: keep on learning even _____ lishmah, because you will come to learn _____.

8. ★ You learned something with no special reason. How can that old learning still fly up? Does the same work for davening?

9. MAISEH Hillel couldn't pay the guard, so he lay on the roof by the skylight. What happened, and what did Shemaya and Avtalyon say?

10. HORA'AH What does the Shulchan Aruch say to think about before davening? What will you think as you step into Shemoneh Esrei?

Perek 40, Part 1

Kavanah is the root that lifts your words

Name: _____

Date: _____

1. If you learned with no kavanah at all, where does your Torah go up to?

2. Rabbi Chaim Vital: angels are made from...

Torah without kavanah:

Mitzvos without kavanah:

3. What happens to Torah learned for your own honor, to be a big shot?

4. ★ "What profit has a man from all his labor under the _____?" The Zohar: even Torah, if it's for his own _____, stays under the sun.

5. MAISEH Rav Yosef's neshomeh left him for a moment. What did he see, and what did his father say about it?

6. Rav Yosef heard them saying: "Happy is the one who comes here with his _____ in his _____!"

7. ★ The Torah and Hashem are totally one. So why does Torah need kavanah to go up?

8. Holy words said without kavanah are...

- ☐ A. not holy at all
- ☐ B. still holy, but the light in them is very tiny
- ☐ C. higher than words with kavanah
- ☐ D. the same as words with kavanah

9. ★ How does kavanah lift the words, and to where?

10. HORA'AH The Shulchan Aruch says to be very careful with Birchos HaTorah. What is this week's hora'ah?

Perek 40, Part 2

Love and fear are the wings; Torah is the main thing

Name: _____

Date: _____

1. Yeshayahu says: "And with _____ he would fly." So love and fear are called _____.

2. The Tikkunim call those who learn Torah and do mitzvos...

With love and fear:

Without them:

3. ★ A bird whose wings were removed is still kosher. What does this teach about Torah and mitzvos?

4. ★ How far down does Hashem's light reach from each kind of learning?

Chumash / Mishnah:

Gemara:

5. ★ Love and fear are mitzvos too. So why are they only "wings"?

6. Someone is thirsty for Hashem all day but doesn't learn the Torah in front of him. What is he like?

7. The navi says: "Ho, all who are _____, go to the water!" And the water is _____.

8. Ten bored minutes on the school bus: how do you "drink" instead of shouting in the river?

9. MAISEH Pappos ben Yehudah asked Rabbi Akiva if he feared the Romans. Tell the mashal of the fox and the fish. What is the lesson?

10. HORA'AH The Gemara says to divide your learning into three. What are they, and what will you do every day this week?

