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Chapter Madricha

Embracing Support: Overcoming Self-Doubt

In Parshat Shmot, we witness the beginning of the Jewish people's journey from slavery to freedom. One of the main characters in this story is Moshe, who becomes the leader and delivers the people from bondage. I think we can learn a valuable lesson from his experience.

When Hashem first appears to Moshe in the burning bush (Exodus 3:1-4), Moshe expresses self-doubt and hesitates to take on the task of confronting Pharaoh. He questions his own abilities, saying, "Who am I that I should go to Pharaoh?" (Exodus 3:11). Moshe feels inadequate, lacking confidence in his own capabilities.

Hashem responds with reassurance, saying, "I will be with you" (Exodus 3:12). Hashem reminds Moshe that he is not alone in his mission, that divine support will be present every step of the way.

The lesson we can derive from this exchange is that even when we doubt ourselves, we should remember that we are not alone. We have the strength and support of a higher power, God, as well as the encouragement and assistance of those around us.

As young adults, we often face challenges and uncertainties. We may question our

abilities, feel overwhelmed by the weight of responsibilities, or doubt our own potential. However, just like Moshe, we need to recognize that we are not alone in our journey. Whether it be through faith, friends, family, or mentors, there are sources of support that can guide us and help us overcome obstacles.

Parsha Shmot teaches us to have faith in ourselves and to reach out for support when needed. It reminds us that even in moments of self-doubt, we are capable of greatness when we embrace the idea that we are not alone.

May we find strength in our connections with others and in our connection to Hashem that we are never truly alone.



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One in a Million

In this week's Parsha, Parshat Shemot we delve into the storyline that started the journey of Am Yisroel. The Parsha starts out by saying, "ואלה שמות בני ישראל." "And these are the names of the sons of Israel." Why is the Torah starting out with the word "and"? Many of the Torah's commentary address this question. The Ohr Hachaim explains that the "ו" in ואלה shows us continuity:

ללמוד עליהם כי כולם צדיקים כאבותיהם ואלה מוסיף על הראשונים מה ראשונים להם אברהם יצחק

עקב צדיקים עליונים כמעשה אבות עשו הבנים

"To teach about them that they were all

righteous individuals like their forefathers. ואלה adds upon those that came first. Just like those that came earlier, Avraham Yitzchak and Yaakov were high level tzaddikim, [so too] like the actions of the forefathers so did the sons.”

This pasuk teaches us that the shevatim who entered Egypt were complete tzaddikim like Avraham, Yitzchak and Yaakov. The vav also hints to the fact that Shemot is a continuation of Bereishit. It shows that while Bereishit was more about individual stories of our forefathers as a family, Sefer Shemot is its continuation into the bigger picture of how Am Yisroel became a nation.

Despite this theme of a larger nation, the name of the Parsha is “Shemot” or “Names.” This emphasizes the importance of individuality within a bigger group and that each individual person contributes greatly to the bigger picture of our nation. We learn from here the great importance of the individual.

In a nation like our own, one could think: “What is my great importance? Why does it matter what I do?” Here we see, however, that the parsha is called “Shemot”, referring to individual names and individual people like ourselves. It shows us that what each of us do as individuals has importance, and how our actions contribute to the growth of the personal self. We see that a nation is driven by individuals, all with different stories and strengths, and Hashem brings us together to create a great storyline. ■

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hints of vanilla, a whisper of floral bouquet

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