



TORAH 4 TEENS

BY TEENS NCSY ISRAEL



Allison Davidson
Jerusalem
Chapter Madricha

Keeping Boundaries

יתרו פרק יט: יב- "וְהִגַּבְלָתָ אֶת־הָעָם סָבִיב לְאֶמְרוֹ הַשְּׂמֵרוֹ לָכֶם עֲלוֹת בְּהָר וּנְגַע בְּקִצְרוֹ כֹּל־הַנִּגַּע בְּהָר מוֹת יוֹמָת"
"You shall set bounds for the people round-

about, saying, 'Beware of going up the mountain or touching the border of it. Whoever touches the mountain shall be put to death'

This is a very interesting Pasuk, how come Hashem is setting physical boundaries for us around Har Sinai?

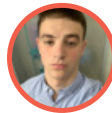
The Malbim brings in a משל to help us understand this. Four people went to an orchard. One climbed the mountain and got hurt, and one died because he could not handle the strong, bright light of the sun.

The משל uses an example of someone entering an orchid with intense light – suggesting that just as our eyes can't handle too much light, our minds have limits in understanding things that are too high or deep, especially complex things when it comes to Hashem.

Hashem sets physical boundaries around Har Sinai because, even though the people are about to receive the Torah and experience His presence, they cannot come too close. This boundary represents the need for a clear distinction between our physical and spiritual connection to Hashem. It teaches us that we may not always

comprehend His ways, and there are limits to our understanding. Trying to go beyond these limits, symbolized by touching the mountain, can have serious consequences, emphasizing the importance of humility and recognizing our human limitations.

The physical boundary established by Hashem serves as a lesson about the spiritual boundaries we must set for ourselves. The strong warning that "whoever touches the mountain shall surely die" underscores the potential confusion and negative outcomes that may arise from trying to exceed our limits in understanding God's ways. It emphasizes the necessity of respecting those boundaries to maintain a healthy and humble relationship with Hashem.



Gershy Schwartz
11th Grade
Rehovot

What We Learn From Yitro

In Parshat Yitro, we encounter the monumental moment when the Israelites receive the Ten Commandments at Mount Sinai. Yitro, Moses' father-in-law, plays a crucial role by advising Moses on how to delegate leadership responsibilities. This highlights the significance of collaboration and shared responsibility within a community.

The commandments themselves serve as a moral compass, guiding individuals toward righteous living. The principles conveyed, such as honoring one's parents and refraining from theft, transcend time

and cultural boundaries, offering universal ethical guidelines. Parshat Yitro teaches us that a just society is built on the foundation of ethical behavior and mutual respect.

Yitro's counsel to Moses underscores the importance of effective leadership and the delegation of tasks. This is a valuable lesson for us as teenagers preparing to assume greater responsibilities. Just as Moses couldn't bear the burden alone, we too must learn the art of collaboration and teamwork, recognizing that shared efforts lead to collective success.

Furthermore, the divine revelation at Sinai reminds us of the need for spiritual connection. In our fast-paced busy lives, it's crucial to carve out moments for connection with something greater than ourselves. Parshat Yitro encourages us to find balance, not only in our communal responsibilities but also in our personal and spiritual lives. ■

Choose from
a variety of
curtains &
blinds in the
comfort of
your home

Get **10% OFF** with this ad

Made & installed to order

- Curtains & draperies
- Designer curtains
- Venetian & Woven wood blinds
- Blackout, Vertical, Roller, Roman & Pleated shades

Call Joe Stepsky for a free consultation

052 5988 889

www.ashleywilde.co.il

Amazing Drapes are the sole
importer of Ashley Wilde to Israel



Functional Medicine Clinic



Health
Oriented



Holistic
Approach



Patient
Centered



Focus on
Underlying
Cause



Dr. Barry Dinner MBBCH, ABAARM

is a highly experienced physician
with a fellowship in functional
and anti-aging medicine.

OUR SPECIALTIES

PCOS & PMS • Hormone Balance
Thyroid Issues • Chronic Fatigue
Autoimmune Disorders • GI Issues
Fibromyalgia • IBS • Cardiac Disease
GERD & Acid Reflux • Brain Health

beyoung
MAINTAIN YOUR YOUTH

VISIT OUR WEBSITE AT BEYOUNG.LIFE

☎ **US: +718.838.1509 IL: 02.622.8674**

✉ info@beyoungclinics.com