

SPIRITUAL INSIGHTS

UNRAVEL AN ANCIENT JEWISH WISDOM

A Summer Course with Rabbi Bentzion Kravitz

Part IV - The Power of Rituals.

Transforming Rote Rituals into Meaningful Acts That Enrich Your Life.

- Source Sheet -

1) Torah

TORAH = Nomos (νόμος) Law

TORAH = Oraita (אור־יְתָא) Light

2) "Torah" in Hebrew is derived from the root ירה, which means "to guide/teach"

3) Leviticus 10:11

and you must **teach** the Israelites all the laws which the LORD has imparted to them through Moses.

וְלִהְיוֹת אֶת־בְּנֵי יִשְׂרָאֵל אֵת כָּל־תְּחִלָּוֹת אֲשֶׁר דִּבֶּר
יְהוָה אֲלֵיהֶם בְּיַד־מֹשֶׁה:

4) Psalm 119:152-153

You, O LORD, are near, and all Your **commandments are true**. I know from Your decrees of old that You have established them **forever**.

יָדַעְתִּי קְדָם: אֱמֶת וְכָל־מִצְוֹתֶיךָ יְהוָה אִתָּה קְרוּב
יְסֻדָּתָם: לְעוֹלָם כִּי מִעַד־תֵּידֵךְ

5) אמת = 9

6) Ecclesiastes 12:13

The end of the matter, when all is said and done: Revere God and **observe His commandments!** For this applies to all mankind:

וְאֵת־יְרֵאָה אֶת־הָאֱלֹהִים נִשְׁמַע הַכֹּל דְּבַר סוּף
כָּל־הָאָדָם כִּי־זָקָה נִשְׁמֹר מִצְוֹתָיו

7) Psalm 100:2

worship the LORD in gladness

בְּשִׂמְחָה אֶת־יְהוָה עֲבֹדוּ

8) Commandment – מצווה - *tzavta*—a connection, companionship

9) Leviticus 12:46-47

These are the instructions concerning animals, birds, all living creatures that move in water, and all creatures that swarm on earth, for distinguishing between the unclean and the clean, between the living things that may be eaten and the living things that may not be eaten.

זֹאת תּוֹרַת הַבְּהֵמָה וְהָעוֹף וְכָל־גִּפְשׁ הַחַיָּה הַרְמֵשׂוֹת
בַּמַּיִם וְלְכָל־גִּפְשׁ הַשֹּׁרֶצֶת עַל־הָאָרֶץ:
לְהַבְדִּיל בֵּין הַטָּמֵא וּבֵין הַטָּהוֹר וּבֵין הַחַיָּה הַנֹּאֲכָלֶת
וּבֵין הַחַיָּה אֲשֶׁר לֹא תֹאכַל:

10) Deuteronomy 15:7-8

If, there is a needy person among you, one of your kinsmen in any of your settlements in the land that the LORD your God is giving you, do not harden your heart and shut your **hand** against your needy kinsman.

שְׁעָרֶיךָ בְּאַחַד אֶחָיִךְ מֵאַחַד אֶבְיוֹן בְּךָ כִּי־יִהְיֶה
אֶת־תְּאֵמֶיךָ לֹא לֶהֱנִיחַ אֱלֹהֶיךָ אֲשֶׁר־יְהוָה בְּאַרְצְךָ
הָאֶבְיוֹן מֵאַחֶיךָ אֶת־יְדֹכֶךָ תִּקְפֹּץ וְלֹא לִבְבֶּךָ

Rather, you must open your **hand** and lend him sufficient for whatever he needs.

דִּי תַעֲבִיטְנוּ וְהַעֲבֵט לָוֶה אֶת־יְדֶךָ תִּפְתָּח כִּי־פָתַח
לוֹ: יִחַסֵּר אֲשֶׁר מִחֶסְרוֹ

11) Psalm 15:18

With charity, I behold Your face;

פָּגַיִךְ אֶחְנֹנֶה בְּצַדִּיק אֲנִי

י-ה-ו-ה