Parashas Vayera • October 31st • 20 Cheshvan 5787
לע"נ לאה בילא רבקה בת ר' שמואל אליעזר ע"ה

NOAM HASHABBOS
נועם השבת

Feeling Is Believing

R' YY JACOBSON

There's a story, a beautiful story, about the Heiliger Rabbi Yisroel of Ruzhin, the holy Ruzhiner. He was a child, he was an orphan, and he was sitting in cheder and they were learning Gemara. And the melamed, the rebbe, was teaching them Gemara, Maseches Shabbos, daf samech tes, page 69. And over there, there's an interesting scenario. Haya mehalech baderech uvamidbar ve'eino yode'a eimatai Shabbos. A guy goes on a hike in the wilderness, or he takes a long trip, and he forgets which day of the week it is, and he doesn't know when Shabbos is. Is today Shabbos? Is tomorrow Shabbos? Is the next day Shabbos? In those days, there was no telephone that you could call somebody and say, "Hey, when is Shabbos?" What should he do? When should he celebrate Shabbos?

So the teacher was learning this Gemara with them. Rabbi Yisroel of Ruzhin was a little child. He raises his hand and he says, "Rebbi, ich farshtei nisht. I don't understand!" He says, "Yisrolik, what don't you understand?" He says, "I don't understand the case in the Gemara!" He was a little surprised. He didn't understand why it's difficult. The teacher says, "No problem, I'll explain it to you once more. A Jew is traveling on the road. He doesn't know which day of the week it is. He loses his calculations of the days of the week, and he doesn't know which day is Shabbos. Is it today? Was it yesterday? Is it going to be tomorrow? Is it going to be in three days, four days? It's important to know when Shabbos is, what you're allowed to do, what you're not allowed to do on Shabbos. And therefore, the Gemara says, what is he supposed to do? What's the halacha?" And Rabbi Yisroel of Ruzhin looks at his teacher, he says, "I'm sorry, I don't understand."

So he explains it a third time and he still doesn't understand. So finally the teacher is, like, really not understanding what he doesn't understand. He says, "Yisrolik, what don't you understand? What's so difficult?" He says, "How can a Jew not know when Shabbos is? Men kukt aruf afen himmel, you look up at the stars, you look up at the sky, and you feel it's Shabbos. It's a different energy." So this young boy couldn't even understand the concept of not knowing when Shabbos is, because the truth is that those who are sensitive and their antennas are transparent, Shabbos is a

Watch the video
Scan the QR code or visit
www.noamhashabbos.org

Join our WhatsApp Group
Scan the QR code to get weekly
Shabbos inspiration!

different reality. The world is transformed, heaven is transformed, earth is transformed. The same ocean, the same mountains, the same trees, the same squirrels, the same deer, the same grass, the same kitchen, the same food, everything is transformed. Not all of us have that sensitivity, but tzaddikim whose antennas detect inner energy, they know Shabbos is different.

Shabbos is a chasunah, it's a wedding. When you're marrying off your son, your daughter, you go to the wedding of your brother, of your sister, of your closest friend, you don't just jump into the wedding. You prepare for a wedding, it's a mindset. You have the right clothes, you have the right attitude, you have the right emotions. Shabbos doesn't begin with Shabbos. Shabbos in halacha begins Erev Shabbos. Erev Shabbos is a different status than the rest of the week. It's not just the day before Shabbos. Emotionally, it's the day when we need to get ready for the energy of Shabbos. Don't just rush into Shabbos, jump into Shabbos. “Oh, it's the zman! In a few minutes I have to go, I have to go to mikvah!” That's not the way to welcome Shabbos.

With menuchas hanefesh, prepare yourself, go into a different mindset, go into a different orbit, a different world. Shabbos doesn't just happen. Shabbos happens, but the more we're open to it, the more we can experience the energy of Shabbos. So take time Friday afternoon to learn something l’kavod Shabbos, whether it's Gemara, whether it's Parshas Hashavua, whether it's Maavir Sedra, whether it's saying Shir Hashirim, whether it's saying Tehillim. Learn something that's going to open your heart for Shabbos. Prepare for Shabbos. You go to the mikvah for Shabbos, you go bathe for Shabbos, you wash yourself off for Shabbos, get ready for Shabbos. Allow the hot waters of the mikvah not just to cover your head physically, but tevilah osiyos habitul. Allow yourself to surrender to the energy of Shabbos, and ask Hashem to open your heart that when Shabbos comes, you should be able to experience a little bit more of the light and the energy of Shabbos. When your family sees you're getting ready for Shabbos, there's a preparation, there's a serenity, there's a tranquility that accompanies you before Shabbos, the whole Shabbos experience is different. Good Shabbos.

Watch the video
Scan the QR code or visit
www.noamhashabbos.org

Join our WhatsApp Group
Scan the QR code to get weekly
Shabbos inspiration!