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לע"נ לאה בילא רבקה בת ר' שמואל אליעזר ע"ה

NOAM HASHABBOS
נועם השבת

Not Feeling Shabbos?

RABBI YONI ROSENFELD

A teenager in high school is not enjoying Shabbos. He comes to his Maggid Shiur and says, "Rebbe, please can you help me? Shabbos isn't going. I'm just not enjoying it. Do you have any words of wisdom? Do you have any advice for me?" Says the Rebbe, "I have advice. I want you to tell me you're going to do what I tell you to do." The Talmid says, "For sure, Rebbe. Whatever you tell me to do, I'm going to do."

"This Shabbos, this Friday night, I want you to go to Shul early. I want you to learn Chumash with Peirush Rashi Al HaTorah for twenty minutes before Minchah. I want you to sing Zemiros at the Shabbos table. I want you to say a Dvar Torah at the Shabbos table, and learn a little bit Leil Shabbos. I want you to come to Shul early on Shabbos morning. I want you to make sure you say Krias Shema Bizmano—very, very important, especially in the summer, that we say Krias Shema Bizmano on time every single Shabbos. And I want you to listen during Krias HaTorah. And I want you to sing Zemiros at the Shabbos meal, and I want you to say a Dvar Torah, I want you to learn Shabbos afternoon. Call me Motzei Shabbos and tell me how it went. But I want to ask you one thing: I want you to put your effort into it. I want you to Daven with Kavanah, and learn with a fire, to learn with a Bren."

The Talmid says, "Rebbe, I told you I don't enjoy Shabbos. I don't see how this is going to help me." The Rebbe says, "Please do what I said, but remember: with Kavanah." The Talmid says, "Fine." The Talmid sings Zemiros, the Talmid learns, the Talmid Davens with Kavanah. The Talmid has the best Shabbos of his life! He calls his Rebbe Motzei Shabbos and says, "Rebbe, thank you so much! You gave me the best Shabbos of my life!"

What was the trick that this Rebbe employed? This boy, this Talmid, the Rebbe chapt, understood, that Shabbos was a day off. Shabbos was a Sunday. If a person treats Shabbos like a Sunday, Shabbos has less power to influence. Shabbos has less power to inspire. Shabbos is not a Sunday. Shabbos is not a day off. Shabbos is a day on. If a person puts their effort into Shabbos, then they're able to soak up and enjoy and get a Hana'ah and Oneg from the beauty of Shabbos.

The Ben Ish Chai writes in Shanah Sheniyah, in Parshas Beshalach, the Ben Ish Chai writes that the Torah a person learns on Shabbos is a thousand times greater than Torah learned during the week! We don't understand the beauty and greatness of Shabbos, but the only way we're able to tap in is if we don't treat it like a Sunday, if we don't treat it like a day off. If we put our effort into Shabbos, we say Krias Shema Bizmano, we Daven with Kavanah, we learn with a Bren, then we'll be Zocheh to feel and appreciate the sweetness and beauty of Shabbos.

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