



# Praying WITH Passion

GIVING MORE MEANING TO OUR TEFILLAH - ONE WEEK AT A TIME ISSUE NO. 75

Tefillah Focus Of The Week: הללוי-ה כי טוב זמרה *Peace in Our Borders*

...שבחי ירושלים את ה', הללי  
אלקיך ציון. כי חזק בריחי  
שעריך, ברך בניך בקרבך. השם  
גבולך שלום, חלב חטים  
ישביעך...

**Meaning:**

The simple translation of the prayer

...Praise Hashem, O Jerusalem, laud your G-d, O Zion. For He has strengthened the bars of your gates, and blessed your children in your midst; He Who makes your borders peaceful, and with the cream of the wheat He sates you...

**Theme:**

An essential concept of the prayer

**Satiation**

Where a person makes peace with his lot and keeps his desires within the "borders" of what Heaven has granted him, Hashem brings abundant blessing.

**Insight:**

Deeper meanings of the theme

**Winning Against Envy**

The Gemara (Bava Metzia 59a) teaches that a person should always be careful to have adequate food in his house, for quarrels most often erupt in a person's home when there is a scarcity of food. Support for this concept comes from the verse cited here:

making borders peaceful, with the cream [best] of the wheat. Rav Pappa (Ibid) comments, "This reflects what people say, 'When the barley in the container is finished, the sounds of quarrel begin to reverberate in the house.'"

What insight is Rav Pappa adding to the Gemara's explanation? When people lack necessities which their neighbor has in abundance, jealousy arises. Illogically,

the deprived person allows himself to believe that his neighbor's gain is the cause of his own lack. The jealousy causes people to come to hatred.

The *Gra* (Even Sheleimah, Ch. 3, Os 5) warns that "It is the way of the evil inclination to burden a person with jealousy when he sees people of his status that have it good in this world. This brings about his separating himself from Torah and

(cont. P. 2)

**Word to the Wise:** Meaning within the word



Our love for Yerushalayim will never be forgotten. Yerushalayim was always destined to be the dwelling place of Hashem, a place of spiritual perfection. The Midrash tells us that the name Yerushalayim is a combination of two names: יְרֵאָה and שְׁלָם. After Avraham offered his son Yitzchak as a sacrifice to G-d, Abraham built an altar and he named the place "יְרֵאָה" "May G-d be seen" (יְרֵאָה), suggesting a place where G-d's presence is felt and fear of Him exists. Malkizedek (the name for *Shem* the son of *Noah*) ruled over the city and called it *Shalem*, a place of peace and perfection. Hashem combined these two names, יְרֵאָה and שְׁלָם and called it *Yerushalayim*. This is the place where peace and perfection can be achieved by recognizing Hashem's presence. The Torah (Devarim 12:11) refers to Yerushalayim as "the place where G-d shall choose to rest His name".

The place in Yerushalayim that G-d chose was the Bais Hamikdash. For all who entered the Bais Hamikdash, it was obvious that G-d exists, that He sustains and supervises all creatures, and that He gives meaning to the entire world.

**Inside This Issue: Focus on הללוי-ה כי טוב זמרה**

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(INSIGHT cont.)

mitzvos...One should not listen to the evil inclination.”

Rav Pappa is adding, השם גבולך שלום, the person who “places a boundary” on his thinking, and does not allow himself to illogically believe that the other person’s possessions should be his, חלב חטים will be rewarded with the “cream of the wheat.” That is because although the Gemara (Moed Katan, 28a) teaches that a person’s livelihood depends on *mazel*, a great merit, such as השם גבולך שלום, “making his borders peaceful,” can abolish [bad] *mazel* (adapted from Chasam Sofer).

## Visualize:

Images that bring the prayer to life

### All We Need

Imagine a life in which there is no material struggle. Like Gan Eden, the earth yields its bounty and there is plenty for every appetite and every taste. The fruits and vegetables are bursting with flavor, the milk is fresh and sweet, and each person is housed and clothed in a dignified, comfortable manner. No one has any desire other than to serve Hashem and come closer to Him.

This fulfilled, peaceful scene can belong to anyone who is able to fully appreciate

what Hashem has given him, see the blessing in it and trust Hashem to provide for his needs day by day. For the person who can see his life as his own perfect portion, the blessing of peace is always at hand.

## Try This!

► The next time you eat a food you particularly enjoy – whether it’s something simple like a piece of fruit, or something gourmet like a favorite Shabbos dish – eat four or five bites paying full attention to the flavors and textures of the food. Chew it well and savor its taste, and think about the wonder of this sensory pleasure Hashem has invested in our nutrition. You’ll notice that when you take time to taste what you are eating, the urge to just keep eating more disappears. A few bites can satiate...a powerful lesson to apply to the words ... חלב חטים ישביעך.

## Did You Know

### ► Prerequisite

If a person forgets to say the blessings over Torah study before the prayer service, he is permitted to say the blessings in the middle of Pesukei D’Zimrah and to say the customary verses following them, since there are authorities who are of the opinion that it is forbidden to say even the Pesukei D’Zimrah before saying the blessings over Torah study (Mishneh Berurah 51:10).