



28 Tishrei 5781

Erev Shabbat, Parshat Bereishit

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## The Shabbat Rest

The world was created in six days and Hashem established the seventh day as a day of rest for the world. The week is made up of three pairs of days; Sunday is the partner of Monday, Tuesday is the partner of Wednesday and Thursday is the partner of Friday. Chazal tell us (Bereishit Rabba 11:8), *"Rabbi Shimon bar Yochai taught, Shabbat said to Hashem, 'Master of the World, everyone has a partner besides me.' Hashem told Shabbat, 'Kneset Yisrael is your partner.' When Yisrael stood opposite Har Sinai Hashem said to them, remember what I told Shabbat that Kneset Yisrael is your partner. That is the meaning of 'Remember the Shabbat day to sanctify it' (Shemot 20:8)".* In other words, Hashem told His children that through engaging in His Torah and observing His mitzvoth and resting from work on the seventh day, they are considered as the partner of Shabbat. This is why Hashem wanted us to rest on the seventh day, for through this rest each person has the chance to take a break from his daily barrage of activities and frantic pursuit of livelihood, and unite himself with his Creator through Torah study with peace of mind.

When a person studies Torah on Shabbat Kodesh, this learning has a wonderful power to strengthen his faith in Hashem Yitbarach and firmly implant it inside him, and to become, as it were, the partner of Shabbat. It follows from this that Shabbat is a precious and wonderful gift that Hashem bestowed on us, and even though there are thirty-nine activities which we are forbidden to perform on Shabbat and seemingly limit us, nevertheless there is no limit to the blessing and benefit of Shabbat, as we say in the Shabbat *zemirot* (songs sung in honor of Shabbat), Shabbat is *'A taste of the Next World'*.

The word *בראשית*, beginning, can be re-arranged to spell *ראי שבת*, see Shabbat. This is a hint that the

entire creation was only created for man so that he should engage in Torah with complete faith. How does a person achieve faith in Hashem and recognition of His existence? Through observing the Shabbat and studying Torah on this day with peace of mind. As Chazal say (Shemot Rabba 25:16), one who observes Shabbat is considered as if he observed the entire Torah.

There is a precious couple who came to me several times to ask for a blessing in the merit of my holy ancestors *zva"v*, since they had been childless for many years. However, my many prayers were not answered and this couple did not merit to be blessed with children. When they approached me yet again, I began to contemplate why it had been decreed on this couple that the sound of children's jubilation should not ring in their home. While considering the matter, I suddenly had an idea. I asked them, *"Are you accustomed to singing songs and blessings and thanks to Hashem Yitbarach at the Shabbat table?"*

*"At times yes and at times not"* the couple answered. I told them, *"Accept upon yourselves to consistently sing Shabbat zemirot, and with Hashem's help you will soon be blessed with children. In the merit of the Shabbat songs, your house will be filled with children's singing."*

From that Shabbat on, the couple began to honor the Shabbat with songs and chants to Hashem. And a miracle occurred! Not long after, the couple were delighted to find out that they would give birth to twins! With Hashem's kindness, nine months later a son and daughter were born to them. They live today in Ra'anana and it is amazing how their children were strongly drawn to the Shabbat *zemirot* as they grew older.

Shabbat Shalom,

David Chananya Pinto



קול חיים - רעננה