

TUESDAYS IN THE TORAH

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Vayeitzei וַיֵּצֵא

Today’s Nugget

Love Your Neighbor

We love our neighbor when we pray that God save us from Lashan HaRa.

We should speak in a polite and friendly manner to everyone.

We are, to the best of our ability, to inquire about a person’s status and welfare before meeting him/her.

The Prayers of the Patriarchs

Abraham – Shacharit and the morning stand

Isaac – Minchah and the flowering of the soul in the afternoon

Jacob – Ma’ariv and the evening reflection

Prayer before Sleep

The Rivalry between Rachel and Leah

Jacob’s Journey: Transition, Challenge, and Achievement

Extending the spheres of holiness and Messianic consciousness

Kindness, Might, and Beauty

“The deeds of the Patriarchs are signs/fractals for their descendants”: Bringing it home

Mussar Moments

Feeding and clothing the soul

The source of confidence and joy

Turning jealousy to its holy side

Bringing home the estranged

True Wealth

Respect for boundaries