

בעזרה"ת

An excerpt from



Based on the teachings of
The Lubavitcher Rebbe

By Rabbi Yekusiel Goldstein

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DvarTorah2go@gmail.com

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On the Way Up

The name of this week's *parsha*, *Lech Lecha*, refers to Hashem's command to Avram to **go up**



Daniel Frenkel

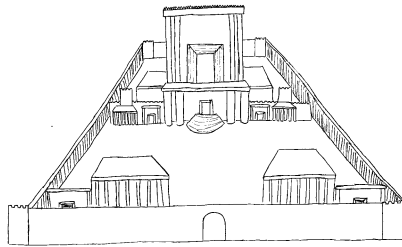
to *Eretz Kna'an*, where he would become a great nation. *Chassidus* explains that the name of a *parsha* contains in it the meaning of the entire *parsha*.

Question – *Parshas Lech Lecha* also contains the hunger that occurred in the land of *Kna'an* and Avram having to go **down** to *Mitzrayim* to get food. Additionally, while in *Mitzrayim*, Sara was kidnapped by Paroh. How is this included in *Parshas Lech Lecha*, which means **going up** and becoming great?

Answer – When a person wants to jump, he must first lower and bend his knees to jump high. Similarly, *Chassidus* explains that “יִרְדָּה לְצוּרָהּ עֲלֵי-הָ” every descent and going down in life, is for the purpose of an even greater elevation afterwards.

The same was true with Avram. His going down to *Mitzrayim* because of the hunger seemed to be associated with pain and suffering. In the end however, it brought Avram even more greatness than before and he left *Mitzrayim* with much riches! Thus, Avram’s “going down” to *Mitzrayim* was just a step towards his way up.

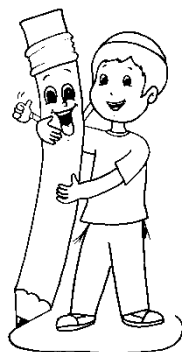
Lesson – Living in *golus*, we may think, “How is it possible to overcome this dark *golus*?” The answer is clear. The darkness that we see is only an outer appearance. All the darkness is only a step towards an even greater light! Through our *avoda* in *golus* we will bring the light of *Moshiach*!



(Based on Likutei Sichos vol. 5 p. 57-63)

שבת ויום טוב
צבר' תורה

Let's Review...



What does this week's *parsha* speak about?

What question do we have?

What is the answer?

What lesson can we learn from this week's *parsha*?
