

# Fascinating INSIGHTS

ז' מרחשוון תשפ"ה  
November 8, 2024

פרשת לך לך  
12<sup>th</sup> year, edition 551

The newly released book "Exhilarating Torah Insights on Recreation and Vacation" is now available (as a paperback, hardcover and digitized version) for purchase and delivery on Amazon at <https://www.amazon.com/dp/B0DF4ZHPKJ> or by sending a WhatsApp to +972 54 849 5217. Alternatively, you can call 054 849 5217 (Israel) or 917 732 2371 (United States) or send an email to [yalt3285@gmail.com](mailto:yalt3285@gmail.com).

Some of the questions discussed in this book are the following.

What role does recreation play in our service of Hashem?

What does the Torah teach us about music?

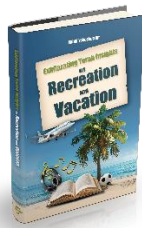
What lessons can we glean from specific types of recreation, such as sports?

Is there a mitzvah to take a vacation?

What does the Torah say about comedy and humor?

This insightful and thought-provoking book delves into these questions and many more, offering profound insights. With over 50 meticulously crafted essays, it masterfully conveys the Torah's perspective on recreation and vacation. As an indispensable guide, this work will enable readers to attain a deeper understanding of these important topics.

It makes a great gift for parents, siblings, friends, relatives, neighbors, business associates, acquaintances and learning partners. Purchase it at <https://amzn.to/3eyh5xP>.



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The weekly Fascinating Insights sheet is also available in FRENCH, HEBREW and YIDDISH. To view or download them in these languages, send an email to [yalt3285@gmail.com](mailto:yalt3285@gmail.com) or visit <https://bit.ly/3FJ8uEc>.

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### Soldiers' Spare Time

R' Yissachar Dov of Belz was once in Vienna for health reasons when he became enchanted by the sound of someone learning gemara. Curious, he went to see who it was and was deeply moved by what he found. There, in military uniform, was a Jewish soldier in his

uniform using his brief time off from duty to immerse himself in Torah learning. The Rebbe remarked, "This Jew is holding back the redemption!" He explained that naturally a soldier on leave would seek rest or entertainment. But this soldier chose to learn gemara, bringing Hashem immeasurable joy.

"Imagine the pleasure this gives to Hashem. A pleasure so great that it may delay the redemption, because when Moshiach comes, Hashem will miss this precious joy."



This story remains as relevant today as ever, reminding us of the countless IDF soldiers in Gaza, Lebanon and elsewhere who devote their rare free moments to Torah study.



Imagine the immense pride and pleasure Hashem must feel!



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[Jeering and Cheering](#)

At times we may get upset and berate at ourselves for something we did. We knock ourselves with statements like, "I am so dumb for doing that." What would be our response if it was someone else who did that? we must follow the principle, **"Don't do to yourself what you wouldn't do to others."** Would you criticize a comrade if he gave a less than stellar speech? Would you think less of a friend if he didn't score high on a test?

The Mishna tells us *נהוי מקבל את כל האדם בשמחה*, receive every person cheerfully.<sup>1</sup> The wording *כל האדם* includes ourselves. That is to say, we must receive ourselves happily, even if we made a foolish mistake.

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[Cheap and Expensive](#)

People tend to place more honor or value on things that are expensive and give less respect to things that are cheap. For example, when people charge more for their services, their clients value it more.

This is alluded to in the words of Lashon Hakodesh. The word *יקר*, expensive is a synonym for *כבוד*, honor.<sup>2</sup> On the other hand, *זול*, cheap, also means something low and degraded as in *זלזול*.

Rabbi Alt merited to learn under the tutelage of R' Mordechai Friedlander ztz"l for close to five years and received semichah from R' Zalman Nechemia Goldberg ztz"l. Rabbi Alt has written on numerous topics for various websites and publications and is the author of nine books including the recently released "Exhilarating Torah Insights on Recreation and Vacation." His writings, many of which have been translated into Yiddish, Hebrew, German and French, inspire people across the spectrum of Jewish observance to live with the vibrancy and beauty of Torah. His shiurim can be found on various websites including Kol Halashon's. Rabbi Alt lives with his wife and family in Kiryat Yearim (where the Aron was for 20 years [Shmuel 1, 7:1,2]) where he studies, lectures, writes and teaches. The author is passionate about teaching Jews of all levels of observance.

<sup>1</sup> Avos 3:16.

<sup>2</sup> See Esther 1:20 where Achashveirosh decrees that women must give *יקר*, honor to their husbands.