



## TORAH 4 TEENS

### BY TEENS NCSY ISRAEL



### Ami Tobin Raanana Chapter Director

### Purifying ourselves

In this week's Parsha, Acharei Mot-Kedoshim, we talk about two types of ideas. In Parshat Acharei Mot the parsha reflects upon spiritual content and discusses the work of the Beit Hamikdash, Kohanim, and Yom Kippur. Parshat Kedoshim refers to the work of the physical person and to Am Yisrael. For instance, we see how a person should act, such as not going according to the alien laws and the importance of purity.

Both Parshiot start with a statement of prevention. Acharei Mot, according to Rashi, starts by telling us not to go into the Mikdash when we are impure. Kedoshim opens by telling us to be purified as people and to stay away from sin.

The other common denominator between both Parshiot is the Issur of Arayot (adultery).

What is it about Arayot that is so horrible according to the Torah? Rav Kook explains that the Issur of Arayot is very serious since according to the Torah the right use of this act is potentially the holiest act. It is the force that brings life to the world. Using it for the wrong reason makes its holiness disappear.

What both Parshiot are trying to tell us is that the way to connect the Kedusha of the Mikdash and the individual is by prevention from the bad drives, such as Arayot. To become completely holy, we must learn how to prevent and purify oneself from the bad things. Shabbat shalom.



### Akiva Sunshine 11th Grade, Raanana

### Defying All Odds

Throughout history, the Jewish people have faced many hardships and persecutions. Yet, we have managed to defy all odds and find a way to survive and keep moving forward. Many people might be intrigued by how we continue to thrive in a world where it can seem like everyone is against us.

The Lubavitcher Rebbe explains how in this week's Parsha, Parashat Kedoshim, we get a clue to our great success. Parashat Kedoshim starts off with HaShem instructing us to be holy, ה' קדוש אני כי קדוש אני ה' "You shall be holy, because I, HaShem, your God, am holy." The Parsha continues with two more basic Jewish laws, "איש אמו ואביו תיראו ואת שבתתי תשמרו" "Every man shall fear his mother and his father, and you shall observe My Shabbat. Here we see three ideas that teach us about the

fundamental nature of the Jewish people: Holiness, respecting our parents, and keeping Shabbat.

One of the most sought after questions is what does it mean to be holy? One answer that is given is that holiness isn't just spirituality or closeness to HaShem, rather it is a lot more about our daily lives: healthy eating and drinking, and even your sleep schedule. The second idea, honoring our parents, teaches us that we shouldn't just be good to ourselves, but rather we should spread it to others starting with our parents. The third and final idea, keeping Shabbat, teaches us that we should not only be good and respect human beings but we should also respect HaShem and do our best to get close to him.

These three ideas are perhaps the most basic versions of our three types of mitzvot. בין אדם לבין אדם, בין אדם לעצמו, and finally בין אדם לחברו (Between man and man, man and his friend, and man and HaShem). These three ideas that became the foundations for what it means to be Jewish is possibly the reason we as a nation have been able to stay strong through all of our many challenges. ■

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