



**TORAH 4 TEENS**

**BY TEENS**

**NCSY ISRAEL**



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## The Battle Within

Torah tells us in 32:25; וַיִּוָּתֵר יַעֲקֹב, לְבַדּוֹ; "וַיִּוָּתֵר יַעֲקֹב אִישׁ עִמּוֹ, עַד עֲלוֹת הַשָּׁחַר" Yaakov is left alone and started wrestling with a mysterious man until the morning. Who was this mysterious man? Rashi explains that this man was the "Angel of Esau" and the Sforno teaches that Yaakov was in a battle to find out the function of Esau's essence which was the Yetzer Hara. Yaakov's question of "What is your name?" directed to the angels was to understand how to battle the Yetzer Hara in the future. The problem was that Yaakov let him go before he getting his name! The only answer the angel gave was "Why do you want to know my name?"

R' Chaim Shmuelavitz in his Sichat Musar (Discourse 91) explains that the truth is the angel really told Yaakov his name. His

name was "Why is it that you ask me my name? The Yetzer Hara was telling Yaakov: "You know how I tick, when I am trying to convince you to do something and you wonder why you should do it. I tell you not to think and just do it, and if it feels good, then just go for it." One of the reasons why the Yetzer Hara prevails in our lives is because we don't combat it. How do we stand up and prevail? Every decision in our lives needs honesty with ourselves. Before you do anything of significance just ask yourself the following questions: What is the risk involved in that? What is the reward involved in doing that? What is compelling me to do something? The Yetzer Hara wants to distract one from looking at the bigger picture of the effect of one's actions by putting it behind closed doors. Once the sun rose, the Yetzer Hara needed to flee. It knows that once there is a little light shed onto it, it has no power and ability to sway us. A little thought and light can transform the challenges we face internally.

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**Ezra Glanz**  
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### ‘Out of the Box’

Growing up we hear a lot of midrashim, and sometimes we get so used to hearing them, we don’t stop and realize how profound they can be.

There is a shocking Midrash in this week’s parsha which says that before meeting Esav Yaakov hid Dina in a box in order that she doesn’t marry him. Rashi points out that he was punished for this, and as a result Dinah was captured by Shechem.

What in the world are we supposed to learn from this? Are we supposed to have our daughters marry evil people??!

Perhaps the lesson is that we can’t shelter ourselves from our challenges and difficulties. If we ignore them, eventually they will return to bite us. Instead of hiding in a box and denying our personal “Eisav’s”, we should confront our challenges and learn to deal with them in a healthy manner.

As teenagers, we all have battles to face. Whether it’s unhealthy social media usage, mental health, or really anything, we must have the courage to confront our struggles and together we can learn to navigate through life. ■

*NCSY Israel is the premier organization in Israel, dedicated to connect, inspire, empower, and help teen olim with "Klita" to the Land of Israel by encouraging passionate Judaism through Torah and Tradition. Find out more at [israel.ncsy.org](http://israel.ncsy.org)*

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### Dr. Alex Bailey

is a Jerusalem/Modi'in based clinical psychologist specializing in teens and young adults. Since making aliya three years ago, he has worked with dozens of gap year students at yeshivot and midrashot, helping them manage this year of independence, questioning, transition, and growth. Dr. Bailey provides parents with peace-of-mind that their children have the support they need to bridge their gap year successfully.

**DR. BAILEY ALSO SEES COUPLES,  
FAMILIES AND INDIVIDUALS AGE 16+**

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