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## LEARNING FROM AVIMELECH'S TESHUVA

Parshat Toldot has many parallels to Parshat Vayera, including parallels between Avraham and Yitzchak - through the birth of two children and the need to choose one of them, going down to Avimelech in Gerar, settling around Be'er Sheva, and more.

I would like to focus on one difference between Avraham's and Yitzchak's journeys in Gerar. We know that Eretz Kna'an was full of forbidden relationships. Both Avraham and Yitzchak had to lie about their wives, saying that they were their sisters. There is, however, a small but significant difference between the two stories. In Parshat Vayera, Avimelech immediately takes Sarah into his home, and Hashem and Avraham teach Avimelech a lesson. In our parsha, the same situation repeats itself - except this time, Rivkah is not taken to Avimelech and is able to remain with Yitzchak for several months.

Through Avimelech's teshuva, we can see how Avraham elevated the world around him over time, fulfilling Hashem's promise: "וברכו בך כל משפחות האדמה"

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## THE PATH OF TRUTH AND TRUST

In Parshat Toldot, we read about Yaakov and Esav, two brothers who couldn't be more different. Esav is a hunter who acts quickly, while Yaakov is thoughtful and focused on the future. When their father Yitzchak is old and blind, Yaakov, helped by his mother Rivkah, tricks him into giving the blessing meant for Esav. Even though Yaakov's intentions may have been good, his mistake was not trusting that Hashem's plan would unfold honestly and at the right time.

Because of this, Yaakov must flee from home, and his family becomes divided. His choice teaches us that even when we pursue something right or important, how we achieve it matters deeply. Sometimes, doing the honest and patient thing is harder, but it leads to true peace and blessing. Toldot reminds us that trust in Hashem and truth in our actions will always guide us to the blessings meant for us.



Anxiety • Confidence • Trauma
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