



TORAH 4 TEENS

BY TEENS NCSY ISRAEL



**CHAYA-HEDY MOSHE,
MADRICHA**

OWNING ONE'S MISSION AND REMAINING RESILIENT

From the beginning of this parsha, Yosef knew Hashem had given him a mission. He received his prophetic dreams and had no doubt it was his duty to carry them out. However, despite his confidence in his mission, it seems his circumstances were constantly against him. Throughout the parsha, Yosef experiences a pattern of extreme highs and lows. He begins his life as the favored son, and then is thrown into a pit and sold as a slave by his brothers. Afterwards, Yosef's owner, Potifar, takes a liking to him and puts him in charge of his home. Yosef becomes successful, only to then be falsely accused by Potifar's wife of having relations with her. Thus, Yosef is thrown in jail and hits another low point.

One may wonder: how was Yosef able to

withstand these challenges and remain positive? One moment he has it all, and the next moment it is taken away. How did Yosef not complain or feel self-pity during this constant rollercoaster of a life?

Yosef's unwavering resilience stems from his view of life. He believed, at his core, that everything was from Hashem. No matter where he was or what the situation was, he was certain it was part of the plan. This was his momentum. This is what kept him going.

In life, we will experience moments of success and difficulty. Yosef reminds us that these experiences are only a means to an end for the greater picture designed by Hashem. Our job is to own this reality and trust it—to push ourselves to view the back-and-forth as part of our mission from G-d and embrace it with confidence.



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SMALL CRACKS, BIG IMPACT

Parashat Vayeishev drops us straight into one of the most dramatic family stories in the Torah. Yosef is Yaakov's favorite son, the brothers are frustrated, and the atmosphere at home is tense. It's not surprising that things fall apart. But the Torah shows us exactly where the breakdown begins.

The pasuk says:

“וְלֹא יָכְלוּ דַבְּרוֹ לְשָׁלוֹם”

“They could not speak to him peacefully.”

Before anything dramatic happens-before

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the pit, before the sale—the Torah points to something small. They couldn't even talk to each other with calmness or kindness. That tiny shift, that inability to communicate peacefully, is the first crack in the relationship.

What stands out even more is Yosef's response when everything collapses around him. He ends up far from home, in a strange country, facing betrayal, slavery, and prison. Yet he refuses to let those moments define him. Wherever he is, he chooses honesty, responsibility, and hope. Those quiet choices slowly raise him up until he becomes a leader in Egypt.

There's a message here that feels close to real life. Conflicts rarely explode overnight—they grow when people stop talking, assume the worst, or let small annoyances pile up. And in our own challenges—friendships, family pressure, school stress—it's easy to feel stuck and think the moment we're in is the whole story.

Yosef teaches us that small decisions can shift everything: speaking more gently, choosing kindness even when it's hard, taking one step forward when you feel discouraged.

So the question for this week is:

What small choice can I make in my relationships or challenges that might change the direction of the story?

Because sometimes, just like in Yosef's life, one small step is enough to turn things around. ■




Mazal Tov to Rabbi Shai & Bilha Finkelstein and family on the marriage of their son


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Dr Hillel Braude, MD PhD, is an Integrative Medicine Doctor and Feldenkrais Practitioner specializing in therapies regulating the Autonomic Nervous System and developing Neuro-Plasticity.



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