# **CURRENT TALMUD PASSAGE**

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BH

# THE BLESSING OF REMEMBERING: A TEXTUAL GUIDE TO SPIRITUAL GROWTH

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In gymmatria, the command to remember (zachor!) is the equivalent of the word blessing (brachah, both equal 227). In this lesson we will explore the six things one is to recall each day. Instead of conventional discussion questions, the questions here are below each of the topics.

## **Leaving Egypt**

What personal Egypt are you in? How can you free yourself? How can Judaism provide you the tools you need to develop enlightenment and contentment? These are the topics we will explore in this class.

#### **Amalek**

Bad things happen. Unexpectedly. What do they mean? Why are they present in our lives? What can we learn from the midst of these experiences? How do we create our own enemies? And what does it mean to be Jew in a non-Jewish world?

## **Mount Sinai**

There are moments when you make contact with the Eternal...with the perfection and wonder that is Torah. We are infinitely small and yet crucially important. How can we live with both realities?

### The Golden Calf

We all make mistakes. The relevant issue is not being perfect...it's about coping with the detours we create for ourselves. How do you come back to yourself after you've been untrue?

### **Shabbat**

Perspective. Pause. Rest. There is a time to not act. How can Jewish observance make us spiritually self-sufficient? How can you get a handle on what's happening in your life through Jewish wisdom? What does it take for you to stop, evaluate and really see where your life is heading?

#### Miriam

Families experience competition, tension, aggression and passivity. How can we be true to ourselves and yet control ourselves? What happens when control is too tight? Where is our common ground as individuals in a family and as groups within the Jewish people?

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