

The Parsha & You:

5 Nuggets of Torah Wisdom for Your Life Today

Strike a Balance. In this Parsha we are given many laws. And, we are continuously reminded to balance justice with compassion, fairness with kindness.

Exodus 21:1 “These are the laws that you shall set before them.”

Own Your Fire. Take personal responsibility. Own your actions and their impact.

Exodus 22:6 “If a fire breaks out and spreads to thorns, so that stacked grain, standing grain, or the field is consumed, the one who started the fire shall make restitution.”

Remember Your Egypt. Lead with kindness and empathy to all, including the stranger. Use your own experiences to guide empathy.

Exodus 22:20 “Do not mistreat or oppress a stranger, for you were strangers in the land of Egypt.”

Be a Human BEing. In the midst of so much “human DOing”, routinely take a pause to be a “human BEing”

Exodus 23:12 “Six days you shall do your work, but on the seventh day you shall rest.”

Take the Plunge. Na’aseh V’Nishma. Commit Courageously. Commit first, understanding follows.

Exodus 24:7 “All that Hashem has spoken, we will do and we will hear.”