

**Ten
Reasons
to Love
the Great
Gift of
Shabbos**

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**Train our Brain 101**

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May this serve as a Refuah Shleima  
merit for Kalman ben Chaya Blima  
among others

## Preface

### 39 Gemstones

There are 39 primary forms of work that are forbidden on Shabbos because Hashem wants us to truly enjoy a complete day of total leisure. Thus we should review these 39 diamonds each week to recognize and enjoy these gifts from Hashem.

These 39 forms of labor are systematic and methodical so that we can study and review them during every Shabbos meal when we learn the system.

The first 11 pertain to producing food which is essential to our daily lives -

1. no planting,
2. no plowing, and
3. no cutting grain from the ground.

These first three can be reviewed when we hold up the Challah.

1. **As we chew...**

As we are chewing the delicious Challah bread, we can review:

- 4 - no gathering together of the crop,
- 5- no threshing the kernels from the husks,
- 6- no winnowing to separate the chaff from the kernels,
- 7- no selecting, such as to pull out some food which he does not like,
- 8- no grinding,
- 9- no sifting,
- 10- no kneading and
- 11- no baking.

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As you eat the delicious Challah, you can think over those 11 steps that brought about this good food.

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The Sefer Chasidim, Siman 154 speaks of the mitzvah to review the 39 forms of melacha every Shabbos.

## 2. Shabbos Reminders

We light candles before Shabbos begins to illuminate the day, by reminding us to see and enjoy Hashem's light in His glorious, good world. He teaches us in His Torah that this world is very good.

We refrain from planting, preparing grain, cooking and baking to remind ourselves that He is the sole Creator of all. He made the whole wide world in six days of creation and He rested on the seventh day.

When we recite the *Hamotzi* blessing upon eating a meal with bread, we thank Hashem for producing bread by bringing it out of the ground. But what about all of our efforts to plant, plow, reap, gather, thresh, winnow, etc. to get to eat the bread?

We learn this lesson: 'Don't make an error to think you did it all.' Rather, remind yourself that Hashem is the Creator of all. He does most everything! He also gives us the ability to make some of the efforts, to test us to see if we will still focus on the truth!

### 3. 13 Steps for Clothing

The second group of forms of labor recorded in the Mishnah in Shabbos 73a are for processing of the woolen materials used in the Mishkan and are the steps of making woolen garments. You may be wearing a woolen suit or sweater on Shabbos -

- 1- no shearing wool,
- 2- no washing the wool,
- 3- no loosening the wool,
- 4- no dyeing it,
- 5- no spinning it,
- 6- no stretching the threads out on a weaving loom,
- 7- no setting up two loops of threads,
- 8- no weaving two threads,
- 9- no removing two threads,
- 10 - no tying knots,
- 11- no untying,
- 12- no sewing two stitches,
- 13- no tearing in order to sew.

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We recite a daily beracha to thank Hashem for giving us clothes to wear. We should thank Him for all of these details.

4. Greatness from Clothing

Why are the work categories of clothing the most numerous of all the 39 melachos [13 of 39]? Why is it that the first set of clothing in history was produced by Hashem in Bereishis 3:21?

The Baal HaTurim explains that the clothing for Adam and Chava were forms of garments for 'Kohanim.' This teaches us that we were created to serve Hashem our Creator. Our clothing serves as a uniform to remind us to focus on our mission in life to serve Hashem.

On Shabbos, we celebrate with Hashem. Thus, we wear special Shabbos clothing to elevate ourselves. We behave with modesty and respect to Hashem Who is always with us and even more so when He joins to celebrate with us.

The more we think of Hashem, the more He helps us succeed in every area of life.

5. **(K)not on Shabbos**

By not tying (k)nots on Shabbos, for example, we learn to appreciate the gift of knots! A knot can secure a rope, making it a life-saver. We recite a daily blessing for our clothing that reminds us of the many clothing gifts Hashem provides for us daily.

Being restricted from many forms of work on Shabbos, leads us to freedom in many areas. Some people say they feel like they are losing their minds throughout the week. The Torah provides us with some 'stop and think' signs over Shabbos that help us discover our minds, heart, breathing and smiling.

Unless there is an emergency, which can override the laws of Shabbos, we are prompted by the laws of Shabbos to take and enjoy a real vacation paid for by Hashem every week at home and Shul.

6. 7 for Shoe Leather

The next seven melachos were performed in the processing of the animal hides (from the techashim, now extinct) for the top covering of the Mishkan. These activities are similar to the preparation of leather for shoes.

- 1- no trapping animals,
- 2- no slaughtering,
- 3- no skinning it,
- 4- no salting the hide,
- 5- no processing the hide...these two are linked, so the Gemara adds a new melacha...no preparing lines to get ready to cut the hides,
- 6- no scraping to smooth the hide,
- 7- no cutting the hides at specific points.

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We have covered so far, our basic needs - food, clothing and shoes.

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We say a daily blessing which the Gemara in Berachos 60b says includes thank You to Hashem for our shoes - "He has provided me with all of my needs." Why does that refer to shoes?

Some say because shoes enable us to go out to take care of all of our needs. Others learn because we are told to sell all else in order to buy shoes first because they are so essential!

7. Theme of Shabbos

This brings us to the Shabbos song in Tehilim 92.

What is the main purpose of this holy day that we celebrate one day a week?

“It is the greatest good to thank and praise Hashem and to sing to Your Elevated Name!”

You are the Creator of everything. All of our food, clothing and shelter comes from You!

We will not work on Shabbos to produce food, clothing or shoes in order to remind ourselves that You are behind it all. “Thank You!”

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You can work six days to make money to put in the bank. On Shabbos, we do much more - we produce and recharge our spiritual connection with Hashem, the Creator and Owner of all the banks.

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It is said that the 39 forms of work were used by Hashem to create the whole universe. Thus we refrain from them on Shabbos to testify that Hashem is the One and Only Creator!

8. The Last 8 Categories

- 1- writing 2 letters,
- 2- erasing in order to write,
- 3- building,
- 4- demolishing,
- 5- putting out a fire,
- 6- lighting a fire,
- 7- completing a Melacha,
- 8- carrying...

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To build a shelter such as a home, you may need to draw up architectural plans for the building. You may need fire to help at different stages in the process of building. Each stage needs completion and when the home is built, do not carry things in or out on Shabbos.

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All forms of work that we utilize for all areas of life are included in these 39 categories and in their subdivisions.

9. The 3 Meals

How do we go about thanking Hashem and singing to His great name?

The core of this is the mitzvah to fulfill three meals on Shabbos which the Talmud, Shabbos 118a, teaches saves a person from three major forms of suffering,

- from the birth pangs during the era of Moshiach's arrival,
- from judgments of Gehenom and
- from great battles...

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The Gemara then adds -

“All those who rejoice on Shabbos receive tremendous rewards,,,”

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You can get to enjoy your cake and receive Eternal Rewards as well, for enjoying your paid Shabbos vacation!

10. Our Goals

Mesilas Yescharim explains that we were created to be delighted from Hashem...

We need to eat in order to live, but the Torah teaches to eat in celebration of rejoicing with our Creator Who created us and food to maintain our lives.

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“Praise and thank Hashem for He is good, His kindness is forever.”

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Creativity without boundaries can lead to chaos. Thus Hashem has shared His Divine Torah and Talmudic Guidelines of 39 forms of prohibited labor to guide us to rejoice and benefit from our closeness to Hashem.

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This pattern 11, 13, 7, 8 is also the pattern of winding our tzitzis between the five knots. Just as tzitzis is equal to all of the other mitzvos, so too, Shabbos is equal to all.