

הַלְכָּה of the Week

~ **Reciting a בְּרָכָה with בִּינָה (with care, thought) (2)** ~

When one begins to recite a בְּרָכָה, and particularly when he is reciting Hashem's Name, he should be aware of which בְּרָכָה he is about to recite.

He should not be doing anything else while reciting the בְּרָכָה, for then it might appear that the בְּרָכָה is unimportant to him and that he is saying it thoughtlessly.

It is best to say a בְּרָכָה out loud, because this helps with concentration.

One should not have anything in his mouth when reciting a blessing. This is learnt from the פְּסוּק:

יְמִלָּא פִי תִהְלֶתֶךָ (תהלים ע"א ח)

“Let my mouth be filled with Your praise.” (Tehillim 71, 8)

This means that ה'’s blessing alone should fill a person’s mouth.

פְּרָקִי אֲבוֹת of the Week

פְּרָק ג

מ"ז רבי יִשְׁמֹעֵאל אוֹמֵר, הָיָה קל לְרֹאשׁ וְנוֹחַ לְתַשְׁחֶרֶת, וְהָיָה מְקַבֵּל אֶת כָּל הָאָדָם בְּשִׂמְחָה:

Rabbi Yishmoel says:

You should be ready to serve an elderly, wise man,
be pleasant to the young, and receive (greet) every person cheerfully.

פְּרָק ג

מ"ז רבי עקיבא אוֹמֵר, שְׂחֹק וְקִלּוֹת רֹאשׁ, מְרַגְלִין לְעֵרֻה. מְסוּרֶת, סִיג לְתוֹרָה. מַעֲשָׂרוֹת, סִיג לְעֵשֶׂר. נְדָרִים, סִיג לְפָרִישׁוֹת. סִיג לְחֻמְתָּהּ, שְׁתִּיקָה:

Rabbi Akiva says:

Joking and making fun lead a person to sinfulness.

The Oral (spoken) Torah is a protective fence around the Written Torah;

separating מַעֲשֵׂר from your crop is a fence that protects your wealth;

promises are a fence that protects you from wanting unnecessary things;

a protective fence for wisdom is silence.

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