

7

{בראשית}

Bereishis
Bara



בְּרֵאשִׁית בָּרָא אֱלֹקִים
אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ

In the beginning
Hashem created the
heavens and the earth.

(BEREISHIS 1:1)

We live in a big, beautiful world with a lot of detail. Sometimes we can get distracted by how interesting or fun it all is.

But really, we need to remember that it is all created by Hashem! When we think about that, we will also remember to use the incredible gifts Hashem gives us in this world in the right way.

Everything

The first *posuk* of the Torah tells us that the whole world is made by Hashem.

Bereishis Bara Elokim — In the beginning when Hashem created
Es Hashomayim — the heavens
V'Es Ha'aretz — and the earth.

Of course this doesn't mean JUST the sky and the ground. The *Chachomim* tell us that the word "*Es*" is hinting to everything inside of them! So the *posuk* is telling us:

Bereishis Bara Elokim — In the beginning when Hashem created
Es Hashomayim — ALL of the heavens and everything inside
V'Es Ha'aretz — and the WHOLE ENTIRE earth with everything inside.

When we realize that the whole world was created by Hashem, we will make sure to do everything the way Hashem says!

We will make sure to eat the way Hashem tells us to (only kosher food, and with a *bracha*), to play the way Hashem tells us to (in a nice way, and with *Ahavas Yisroel*), and even sleep the way Hashem tells us to (with *Shema* and *Negel Vasser*)!

We will want to do things the way Hashem wants us to, because we know that this whole wonderful world was made by Hashem!

No Need to Fear

Were you ever listening to a story and then started feeling scared? Or do you sometimes get nervous during a thunderstorm? Some people are worried when they see some kinds of animals. Other kids get nightmares from things.

We might sometimes feel like the world is a scary place!

It feels like we can't stop things from happening, and we don't want to get hurt!

The seventh *posuk* of the *Yud-Beis Pesukim* helps keep us from being afraid:

Bereishis Bara Elokim — In the beginning when Hashem created

Es Hashomayim — the heavens

V'Es Ha'aretz — and the earth.

From the very beginning, the whole world was, and ALWAYS is, created by Hashem!

Nothing in the world happens by itself, Hashem is always deciding what will happen. So we don't have to be scared of anything!

Whenever we find ourselves feeling scared, we can think about this *posuk*. We can remember that this is HASHEM's world, and Hashem is taking care of everything!

See sicha Lag B'Omer Tof-Shin-Lamed-Vov