

בס"ד

יִגְעַתִּי וְלֹא מִצָּאתִי אֶל תְּאֵמִיו,
לֹא יִגְעַתִּי וּמִצָּאתִי אֶל תְּאֵמִיו,
יִגְעַתִּי וּמִצָּאתִי תְּאֵמִיו

Teacher's Guide



Compiled by Mushka Lishner

בס"ד

Yogati

Topic to discuss & Question of the week

Question:

What is the deeper meaning of Ta'amin?
*Hashem believes in me, that I will put in effort
and succeed!*

Core Value:

Hard work brings success. Past failures don't mean I'll never succeed- they are just an indication to keep putting in more effort. Hashem believes in me, and promises me, that when I work hard in Torah and Mitzvos, I will succeed!

twelvepesukim.org

This website is being updated constantly, and includes incredible resources and classes/ teacher's guides from the Rebbe's Sichos. There are also links to MyMaor videos that you can show in your class. Let me know if you want additional ideas or resources for your class!

בס"ד Yogati

Have you ever worked really hard for something and succeeded? How did this success feel? The Torah tells us- real success doesn't come easy, but it's so worth it.

Have you ever seen a chicken hatching? It needs to flap its wings to get out of the egg. It's hard! What if someone comes and wants to "help out the chicken" and cracks it open so the chicken doesn't need to work so hard? Then, the chicken won't be able to use its wings properly forever. Through the hard work, they can break through and use their wings throughout their life.

When understanding Torah or doing a Mitzvah gets challenging, we need to remember, don't give up! If I didn't succeed yet, it means I just need to keep putting in effort, and I'll be successful, with skills that will help me forever.

Yogati means to work hard. Motzasi means to find. When someone digs for diamonds, they aren't creating anything new, they are just pulling out what is already in the ground. Yogati, when I work hard in Ruchniyus, then Motzasi, I will find the success that is already deep inside me!

Sometimes the Yetzer Hara tries to stop us by saying "You already failed in the past. You tried to memorize Tanya, say your Tehillim quota on Shabbos Mevorchim, or help your mommy with a smile, and you weren't successful, so just give up."

We need to remember that voice isn't true. It's the voice trying to stop us from doing what Hashem wants. When we put in effort and work hard, Hashem promises us that He will give us Hatzlacha. Success is like a muscle- when I win over the Yetzer Hara today, it makes it easier for me to win again tomorrow.

In a Sich'a to girls in camp Emunah, the Rebbe explains this Possuk deeper.

Emunah and Ta'amin share the same shorash- אמן/belief.

Taamin means the Torah believes in me- Hashem believes me that I will Yogati- look for opportunities to grow and Motzasi- I will find the success I'm looking for. When I work hard to find new opportunities, to do another Mitzvah today, learn a little more in my free time today- Hashem trusts in me, helps me and promises that I'll be successful.

Emunah also refers to the Emunah I have in Hashem, which I declare in Modeh Ani. My whole day- thoughts, speech, actions- are dedicated to Him, and I can persevere in Yiddishkeit until I'm successful.

Takeaway:

Never give up! When it comes to Torah and Mitzvos, hard work and effort bring success!

Mission:

I put in effort even when it was challenging

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Pessukim Lingo

You can do it!	My work is Torah and mitzvos—and it requires real effort
Wow! I see you are “Yogati”- I can’t wait to see “Motzasi”	Success is already buried inside me—I just need to dig it out
Success without yegiah isn't real success—I need MY personal best	You didn't fail—you discovered that this needs more effort. Now you know. Try again

Ideas

Show videos of chicken hatching, and people mining, to understand how hard work breeds success.

Teach your girls a new exercise (like touching toes without bending knees) and keep practicing every day. It gets easier and easier. The same when building a new habit to fight the Yetzer Hara

Celebrate effort, not just results

Create healthy competition in learning to encourage more effort

Don't just encourage yegiah—remove unnecessary obstacles.

Connections

Sefirah- Rabbi Akiva learning Torah at age 40.

Shavuos- we are getting the Torah, How can I put more effort into my learning and doing Mitzvos this year?

Any time the class is learning something new- “This may take effort, but I believe in Kitah _____ that you will all Yogati and Motzasi”



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יְגַעֲתִי

צוֹם נִיגוּן פּוֹן: הוֹשִׁיעָה אֶת עַמְּךָ



יְגַעֲתִי ווען איר אַרבעט שווער,
און פּרואוו נאַכאַמאַל אַ ביסל מער,
איר האָב אַ בְּרָכָה,
ה' גיט אַ הֶבְטָחָה,
ער וועט העלפן מיר האָבן הַצְלָחָה!

תְּאֲמִין

ה' גלויבט אין מיר,
מיט ליבשאַפט און אָן אַ שיעור,
אַז יְגַעֲתִי - איר וועל האָרעווען
מְצוּות צו געפינען,
וּמְצָאתִי,
און איר וועל געווינען!

מַעֲלִין בְּקוֹדֶשׁ יעדער טאַג,
נאָר אַ מְצוָה,
נאָר אַ בְּרָכָה וואָס איר זאַג.
מיט אַמוּנָה אין ה',
מיין לעבן איז פאַר אים,
איר קען זיין מַצְלִיחַ,
יאַ איר קען!