

בשם י"ד

בְּכָל דָּרֶךְ וְדָרֶךְ חַיְבָּדָם

לראות את עצמו

פָּאָלוֹ הוּא יֵצֵא מִמְצָרִים

Teacher's Guide

פרשת שמות-וואריא



Compiled by Mushka Lishner

Bchol: Yetziyas Mitzrayim

Topic to discuss & Question of the week

WEEK 1:

**Hashem frees me every day;
The Yetzer Hara is not who I am**

*What would have been if Hashem didn't take us
out of Mitzrayim c"v?*

Answer: We'd still be slaves

WEEK 2:

Geulah- Then and Now

*Who were the first to recognize Hashem by
Yetzias Mitzrayim? Who will be the first to
recognize Hashem by the final Geulah?*

Answer: The children

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!

בש"ד

Old Paradigm	New Paradigm
"That's just how I am" / "I can't help it"	"That's the yetzer hara talking—it's not who I am"
"My child has behavior problems"	"My child is fighting an external enemy; their neshamah is pure"
"Change takes a long time"	"Liberation can happen in the blink of an eye"
"Pesach is once a year"	"Yetzias Mitzrayim happens every single day"
"The yetzer hara is part of me I need to manage"	"The yetzer hara is a foreign invader I need to defeat"
"I'm stuck in my bad habits"	"Hashem is freeing me right now—I can start fresh this moment"
"We were freed long ago; that's history"	"We are still free today—no one can ever enslave our identity again"
"I do mitzvos because I want to"	"I owe it to Hashem who freed me—and I'm happy to repay"
"External pressures make it hard to be a good Yid"	"No modern 'mitzrayim' can hold me back; Hashem liberates me from all limitations"

This chart is from a document by Rabbi Pevzner. PM me for the full doc.

Mission:

I utilized my freedom by living Geulah'dik today

Can be used to recognize any Geulahdike behavior, specifically when a girl shows they are flexible instead of getting upset and stuck, a girl stands up for what's right, a girl lives in a Geulahdike way

בְּסִיד

בְּכָל דָּוָר וְדָוָר

צַו דַּי נִגְעָן פּוֹן: תְּרִנְגָּה שְׁפָתִי



בְּכָל דָּוָר וְדָוָר
יעַדְעָר טָאָג פּוֹן יָאָר
סְאִיז בַּי מִיר קְלָאָר
צַו דְּאַנְקָעַן הֵה פְּאָר יְצִיאָת מְצָרִים!

הֵה הָאָט גַּעֲנוּמָעַן אָונָז

אַלְזִ צְבָאוֹת הֵה
נָאָר צַו דִּינָעַן אִים
אַיְן דַּי טָאָג טַעַגְלִיכָּן לְעַבָּן

אַיְר וּוּעַל טָאָן וּוּאָס אִיז רַעַכְט
וּוּיַּיל אַיְר בֵּין נִישְׁטָן קִיְּין קְנַעַכְט
צַו דָּעָר יְצָר אָוֹן זַיְינָע נָאָרִישָׁע עַצְׁוֹת

אָוֹן פּוֹנְקָט וּוּ גַּאֲוָלָה קִינְדָּעָר אַיְן יְעַנְעָם צִיְּיט
אַיְר גַּרְיִיט צַו צַו קְוֹמָעַן אֲרֹוִיס פּוֹן גְּלֹוֹת הַיְיָנָט!