

בס"ד

בְּכֹל דּוֹר וְדוֹר חַיֵּיב אָדָם  
לִרְאוֹת אֶת עֵצָמוֹ  
כִּאֲלוֹ הוּא יֵצֵא מִמִּצְרִים

Teacher's Guide

פרשת שמות-וארא



Compiled by Mushka Lishner

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# Bchol: Yetzias 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](http://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!

## ביס"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*

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## בְּכָל דּוֹר וָדוֹר

צו די נִיגוּן פון: תִּרְנֵנָה שְׁפָתִי



בְּכָל דּוֹר וָדוֹר  
יעדער טאָג פון יאָר  
ס'איז ביי מיר קלאָר  
צו דאַנקען ה' פאַר יְצִיאַת מִצְרַיִם!

ה' האָט גענומען אונז  
אַלץ צבָאוֹת ה'  
נאָר צו דינען אים  
אין די טאָג טעגליכן לעבן

איר וועל טאָן וואָס איז רעכט  
ווייל איר בין נישט קיין קנעכט  
צו דער יֵצֶר און זיינע נאַרישע עֲצוֹת

און פונקט ווי גאולה קינדער אין יענעם צייט  
איר גרייט צו צו קומען אַרויס פון גלות היינט!