

בס"ד

נְשַׁמֵּעַ יִשְׂרָאֵל ה' אֱלֹהֵינוּ

ה' אֶחָד

Teacher's Guide

פרשת וישב-ויגש



Compiled by Mushka Lishner

בס"ד

Shema: Ahavas Hashem

Topic to discuss & Question of the week

WEEK 1: אחד

What does each letter of Echad represent?

WEEK 2: אהבת ה'

What feeling does Shema lead to?

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!

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Week 1

אחד

What does each letter of Echad represent?

Shema Yisroel- Listen Yidden

Hashem Elokeinu- Hashem is OUR Hashem (not just any Hashem,

He's Our-MY!- Hashem!)

Hashem Echad- Hashem is One!

Let's look at the word Echad- Gematria:

א - אלופו של עולם Hashem One

ח - In the 7 heavens and 1 earth

ד - In all 4 corners of the world

Everything starts with the Alef- Hashem!

דער אויבערשטער פירט די וועלט!

When we say Shema we move our head slightly in each direction, reminding us

Hashem is everywhere,

When you see the skies and the grass and the tress and the leaves and everything around you in the world- know that it is Hashem who is making it exist and guiding everything (make it extremely relevant with examples:

Heavens: Hashem controls whether it rains or snows or is sunny. Earth: Hashem controls which plant grows where, which child lives where, which mommy is for each family, which food the cook makes for lunch etc etc)

And this Hashem who controls everything loves you! He is doing everything for you (whether we see it right away or not).

Takeaway:

Hashem is everywhere and in everything;

He's King of the world and He loves me!

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Week 2

אהבת ה'

What feeling does Shema lead to?

Last week we learned how Hashem is our Hashem, is in charge of and controls the entire world and Hashem loves us!

Think of someone you love. Naturally, you want to show love back to them!

How can we show Hashem that we love Him? Ask the students to give ideas.

Loving Hashem means I live the way Hashem wants me to, in my thoughts, speech and actions every day! Even when we eat, drink, play and sleep!

Every day when we Daven and say Shema, we can have this Kavana.

*Shema- Hashem is One, Hashem is King, Hashem loves me.
Veahavta- I show Hashem I love Him through the Mitzvos I do!*

The Rebbe teaches us that when we say Shema before going to sleep, it helps us have a better and healthier sleep, so we can wake up the next day more refreshed and have a better day than yesterday!

Takeaway:

Hashem loves me, and that causes me to love Hashem! How do I show Hashem that I love Him?
By listening to my Yetzer Tov throughout my day!

Mission:

I expressed my love for Hashem through davening with Kavana!

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Pessukim Lingo

Wow! Your love for Hashem
shined as you were learning
Chumash today/ said that
Bracha with Chayus/
helped your friend/ listened
right away

I love Hashem, thank You
Hashem for _____!

That was Hashgacha Protis!

Hashem loves you!

Hashem is in this room now,
and we, His children are
giving Him so much nachas
by _____!

Story Ideas

Mesiras Nefesh stories. Avraham discovering Hashem.
Frierdiker Rebbe not afraid of the gun.
Binyomin Kletzker- Ein Od Milvado

Connections:

Hei Teves Seforim- Writing לה"ו because the world and all that's in
it belongs to Hashem

Chanukah- Mesiras Nefesh- Living for Hashem (because we love
Him!) and willing to c"v be killed for Hashem.

Tefillah- Hisbonenus before and Kavana in Shema

Missions- Who had a good night sleep because they said Shema
before sleeping?

Parsha- Yosef in Mitzrayim- מאת ה' היתה זאת

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שְׁמַע יִשְׂרָאֵל

צו די נִיגון פון: וְשִׁמְחָתָ

שְׁמַע יִשְׂרָאֵל,
אידן הער זיך צו,
ה' איז אונזער כֹּחַ,
ה' אֱלֹהֵינוּ.
ה' אֶחָד,
אין דער הימל און דער ערד,
דער קעניג אויף דער גאַנצע וועלט.

איידער איך גיי שלאָפן,
דער אָמֶת דערמאָנט קלאָר
"ה' האט מיר ליב, ה'ס אין יעדער אָרט"

וְאֶהְבֶּתְּ אֶת ה', מִיִּין ליבשאַפט
צו אים שיינט
אין אַלץ וואָס איך טראַכט,
זאָגט און טוט היינט!