



Dvar Torah for Parshat Behar

Based on Rabbi Nachman's Wisdom #235

"God spoke to Moshe at Mount Sinai...When you come to the land I am giving you, the land must be given a rest period, a sabbath to God" (Leviticus 25:1-3).

Why is the mitzvah of the Sabbatical year singled out as having been commanded at Sinai? To let us know that all the principles and details of each mitzvah were given at Sinai. -- Rashi based on Midrash

The Torah is filled with many beautiful mitzvot. Each of us a personal favorite. Nothing wrong with that. Quite the contrary. If a mitzvah "speaks to you" there's a reason for it and you should pay it special attention.

The Rebbe said, "It is written that every person should choose one observance and keep it strictly, with all its fine points. The Talmud (Shabbat 118b) alludes to this, when Rabbi Yosef asks Rabbah's son, 'With what observance was your father most careful?' Even with the chosen observance, you should not be abnormally strict to the point of foolishness. Certainly do not let it make you depressed! Simply keep all its finer points, without fanaticism. Keep one mitzvah strictly, but others need not be observed with any unnecessary stringency at all. It would be enough if we were worthy of keeping all of the Torah's mitzvot according to the law, without going beyond it."

The Rebbe spoke about this quite often. He said that overly strict practices are nothing more than confused foolishness. The Rebbe quoted the Talmudic maxim, "God does not rule over His creatures with tyranny" (Avodah Zarah 3a).

On this topic the Rebbe also said, "True devotion consists mainly of simplicity and sincerity. Pray much, study much Torah, do many good deeds.

Do not worry yourself with unnecessary restrictions. Just follow the path of our ancestors. 'The Torah was not given to the ministering angels' (Berakhot 25b)."