

דע, כַּשֶּׁהָאָדָם מְתַפַּל בַּשָּׂדֶה, אֵיזִי כָּל הָעֲשָׂבִים

Praying in the Field

THE TEACHING

A very short teaching about prayer (תַּפִּלָּה) and the growing world. When a person prays in the field, all the grasses (עֲשָׂבִים) enter his prayer, help him, and give strength to his prayer.

That is why prayer is called talk, שִׁיחַ, like the shrubs of the field, "שִׁיחַ הַשָּׂדֶה" (בראשית ב:ה): all the shrubs of the field give strength and help to his prayer.

MAIN POINTS

- So the Torah says "וַיֵּצֵא יִצְחָק לְשׁוּחַ בַּשָּׂדֶה" (בראשית כד:סג), "Yitzchak went out to pray in the field": his prayer had the help and strength of the whole field.
- In the curse it says "וְהָאֲדָמָה לֹא תִתֵּן אֶת יְבוּלָהּ" (דברים יא:יז), "the earth will not give its yield": all the earth's yield should give strength to prayer, and when this is damaged, that help is held back.
- Even indoors, the earth's yield helps a person's prayer: whatever is near him, like his food and drink. But in the field he is closest to it, and then all the grasses and all the yield give strength to his prayer.
- And a hint: יְבוּל, "yield", is the initials of "וַיֵּצֵא יִצְחָק לְשׁוּחַ בַּשָּׂדֶה". The whole yield of the field prayed with him.
- The Rebbe adds that this is explained at length in the teaching "תַּקְעוּ בַּחֲדָשׁ שׁוּפָר" (Torah 8).

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When you can, take your prayer and your private talk with Hashem outside, among the grass and the trees. And even indoors, remember that your food and drink are helping you pray.

<https://breslovai.com/tinyana/011/>

These shiurim were created with the help of AI and may contain errors. Please check with a rav or the original text before relying on them. English text is our own paraphrase of the Hebrew; the takeaway is our own reflection, not a quotation. Quotations are in Hebrew from the original text, with their sources.

השיעורים נוצרו בעזרת בינה מלאכותית ועלולים להכיל טעויות.



Scan for the videos
לשיעורים