

רְאוּי לְהִרְהֹר בְּדַבְרֵי-תוֹרָה בְּשַׁעַת זְיוּג, וְאַף-עַל-פִּי-כֵן יוֹכֵל

Torah Thoughts in Married Life

THE TEACHING

A single line about holiness in married life. Rebbe Nachman says: “רְאוּי לְהִרְהֹר בְּדַבְרֵי-תוֹרָה בְּשַׁעַת זְיוּג”, it is fitting to think about words of Torah at the time of marital union.

This does not prevent having children (לְהוֹלִיד בָּנִים), even though one's mind is then attached to thoughts of Torah (הִרְהוּרֵי תוֹרָה).

MAIN POINTS

- One's thoughts can stay bound to Torah (דְּבוּקָה) even then.
- And “טוֹב מְאֹד לְהִרְגִּיל עַצְמוֹ בְּכֵךְ”, “it is very good to accustom oneself to this.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Holiness is not kept for the shul and the beis midrash. A Jewish home, in its most private moments too, can be filled with Torah.

<https://breslovai.com/tinyana/106/>

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