

PARSHAS MATOS MAASEI

בס"ת

Motiv8

M8

with R' Ori Strum



PARSHAH OVERVIEW

Matos discusses the laws of personal vows, war against Midian, and the request of Reuven and Gad. **Masei** discusses the 42 journeys of the Jewish people, the borders of the Land, the cities of the Levites and cities of Refuge, as well as Tribal inheritance.



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QUOTABLE QUOTE

*Life is not a vacation
that we plan, it is a
journey that G-d plans
and we experience.*

QUICK VORT

The Torah recounts the 42 journeys of the Jewish people throughout their time in the desert.

In the paragraph of Shema, we say the words: ודברת בם - and you shall speak of them. The commentaries explain that the word בם - them - is a reference to the Torah; hence you shall speak words of Torah.

On some level, perhaps we are also being taught something else that is of great importance to talk about and discuss.

The numerical value of בם is 42, perhaps an allusion to the 42 journey's of the Jewish people. It could be the Torah is teaching us the importance of talking about and discussing our journey.

We should talk about the journey of the collective Jewish people as well as our personal journey and life experience.

Have a holy Shabbos!

PARSHAH STATS

Matos	Maasei
Pesukim - 112	Pesukim - 132
Words - 1,484	Words - 1,461
Letters - 5,652	Letters - 5,773
Mitzvos - 2	Mitzvos - 6



GEMATRIA

The numerical value of אלה מסעי is 216, the same exact value as the word גבורה, inner strength. You see, the willingness and inner strength to remain steadfast and strong in one's Judaism despite his journey, is of tantamount importance.



THOUGHTS IN CHASSIDUS

The Nachal Kadumim sees a fascinating remez in the first letters of אלה מסעי בני ישראל, which spell: א-מ-ב-י. These 4 letters stand for the 4 exiles: בבל, מדי, אדום, and יון. Part of the journeying of the Jewish people includes our time we spend in exile. May it be over soon!



DID YOU KNOW

On the topic of discussing your journey, it is known in the field of mental health, that actually talking about and discussing your personal mental health is a good way to reduce stigma and find needed support and connection!

