

**No Pain, No Gain**

**#1**

Exhibit J is in the middle of an exciting building campaign. Amongst many others, there were two memorable donations - $180,000 from a local multimillionaire and $180 from a poor college student.

**Question: There is room for one plaque left.**

**Which one of them deserves a plaque on the building?**

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**#2**

**Wikipedia (https://en.wikipedia.org/wiki/No\_pain,\_no\_gain)**

*No pain, no gain*

*Origin [edit]*

*A form of this expression is found in the beginning of the second century, written in The Ethics of the Fathers 5:21 (known in Hebrew as Pirkei Avot): Rabbi Ben Hei Hei says, “According to the pain is the gain.”*

**Questions:**

**(a) What is the opposite of pain?**

**(b) Is Judaism a masochistic religion where we like to inflict pain on ourselves? Why can't you get to the “gain” (the pleasure) without “pain” prior to it?**

**(c) Are there any other ways to get to the “gain?”**

**(d) Of which accomplishments are you most proud?**

**(e) School education is based on grading your accomplishments. That is the easiest way to compare the quality of students to each other. Better grades - better job. Is it fair?**

**#3**

You are 119 years old, and tomorrow is your 120th birthday. You made millions of dollars from scratch. It is time for you to think about the next generations.

Would you leave all your money to your children/ grandchildren, or would you give them a little, and the rest would go to various charities? Would you let your descendents earn their own money, go through the pain, so that they gain through it?

**#4**

**Talmud Eruvin 54b**

*Rabbi Preida had a student to whom he had to teach the same material 400 times before the student grasped it. One day he informed his student that he would be leaving earlier than usual in order to take care of a certain mitzvah. Although Rabbi Preida still managed to teach him the day's lesson 400 times, the student failed to understand.*

*“What happened?” asked Rabbi Preida?*

*“Ever since you, my master, told me you would be leaving early,” replied the disciple, “I kept thinking you were about to leave and I could not concentrate.”*

*“Set your mind to your study,” said Rabbi Preida, “and I will teach you another 400 times.”*

*A voice from Heaven, expressing Divine pleasure with Rabbi Preida's act, made him an unusual offer: “What do you prefer as a reward - an additional 400 years of life, or a guarantee of a place in the World to Come for you and your entire generation?”*

*“If it is my choice,” he replied, “I prefer that I and my entire generation merit the World to Come.”*

*Then Hashem spoke and commanded His angels: “Give him another 400 years of life and the World to Come for him and his generation.”*

**Question: This touching Talmudic tale is telling us about the great reward that Rabbi Preida got for his patience.**

**What about the student who was not embarrassed to ask his teacher 400 times? Why didn't he get any reward for his perseverance?**



**#5**

**Talmud Sanhedrin 99b**

*Rabbi Elazar says: Every man was created for labor, as it is stated: “Man is born for toil” (Job 5:7).*

**Question: Why was the main punishment of Adam (first man) for disobeying G-d’s command “by the sweat of your brow will you eat bread” (Torah, Bereishis 3:19) and the main punishment after the sin of the golden calf was hard work to understand Torah?**

**#6**

**Torah, Bereishis 29:20**

*And Yakov (Jacob) served seven years for Rachel. And they seemed to him but a few days in his love for her.*

**Questions:**

**(a) If you're in love with someone and you can't be with him or her for seven years, time should move painfully slowly. Why, then, does the verse say, “and they seemed to him but a few days?” How can it be that the time went by fast for Yakov?**

**(b) What type of pain is enjoyable and sweet?**

**#7**

**Avos dRabbi Nosson, Chapter 6**

*One time with pain is greater than 100 times without pain.*

**Orchos Tzadikim, the Gate of Happiness**

*Anyone who is performing a Mitzvah with happiness his reward is one thousand times more than the one for whom the Mitzvos are a burden.*

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**Question: How do you resolve the contradiction?**



**#8**

**Question: What’s your takeaway from today’s discussion?**