**Share the Burden:**

**The Passion in Compassion**



**Pirkei Avos 6:6**

*...but the Torah is acquired by means of forty-eight qualities, which are…(37) bearing the burden (literally: yoke) with the other...*

**Pirkei Avos 1:14**

*If I am not for myself, who will be for me? But when I am only for myself, what am I?..*

**#1**

1. Jacob is obviously feeling down. Ben slaps him on the back and says, "C'mon, cheer up – you've got everything to live for!"
2. Your spouse comes home stressed out and tells you how tired he/she is. You tell him/ her that you are stressed out as well and totally can relate to it.

**Rate the responses to both scenarios on a scale between 0 (bad response) and 10 (good response). Explain!**

**#2**

**Questions:**

1. **Torah expects that you share not just your friend’s pain but also his happiness. Sharing his pain makes sense - it makes him feel better, so he doesn't feel alone in his suffering. But why is there a need to share in his happiness as well?**
2. **What is easier to feel - your friend’s pain or his happiness? Why?**

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**#3**

**(a)**

**Torah, Shemos 2:11**

*Now it came to pass in those days that Moshe grew up and went out to his brothers and looked at their burdens, and he saw an Egyptian man striking a Hebrew man of his brothers.*

**Ramban**

*Moshe had grown up in great comfort as a member of Pharaoh’s household. Still, as soon as he came of age – and found out he was a Jew – he abandoned his position of comfort and stature, and chose to cast his lot with his brethren.*

**Rashi**

***...And looked at their burdens:*** *He directed his eyes and his heart to be distressed over them.*

**Question:      What is the significance of “eyes” and “heart” in this context?**

**(b)**

**Midrash Shemos Rabbah 1:27**

*Seeing their anguish, Moshe too would cry, saying, “My brothers – I can’t bear to see you like this. Would that I would die for you.” And he would bend down, and help everyone with their loads.*

**Questions:**

Moshe would not be able give substantial help to everyone. Even the ones whom he could assist a little – their lives would not be changed much, because the next day the Jewish slaves would have same amount of work.

**Why did he do it?**

**What do we learn here about the way to “bear the burden with the other”?**

**#4**

Once Rabbi Aryeh Levin’s wife felt pain in her foot. They went to the doctor together.

The doctor asked, "What can I do for you?"

Rabbi Levin answered, "Doctor, my wife’s leg is hurting us."



**#5**

**Question:      What's your practical takeaway from today's discussion?**