



Table Talk Parshat Vayetzei

"More than prayer changes G-d, it changes us."

-The Lord Rabbi Jonathan Sacks

בראשית כ"ח:י"ז

וַיִּירָא וַיֹּאמֶר מִה־נִּזְרָא הַמָּקוֹם הַזֶּה אֵין זֶה כִּי
אִם-בֵּית אֱלֹהִים וְזֶה שַׁעַר הַשָּׁמַיִם:

Genesis 28:17

Shaken, he said, "How awesome is this place! This is none other than the dwelling place of G-d, and that is the gateway to heaven."

ספורנו על בראשית כ"ח:י"ז:א'

וַיִּירָא עַל שִׁגְגָתוֹ: אֵין זֶה הַמָּקוֹם שֶׁרָאִיתִי
בְּמִרְאָה שֶׁהָיָה הַסֵּלֶם נֹצֵב בּוֹ אֵינוֹ כִּי אִם בֵּית
אֱלֹהִים. מָקוֹם בֵּית הַמִּקְדָּשׁ כְּאִמְרָם ז"ל יַעֲקֹב
קִרְאוֹ בֵּית: וְזֶה שַׁעַר הַשָּׁמַיִם וְזֶה הַסֵּלֶם שֶׁרָאִיתִי
מִדֶּרֶךְ הַמָּקוֹם שֶׁהָיָה בּוֹ הַסֵּלֶם יִשְׁמַע הָאֵל
יְת' הַנֹּצֵב עָלָיו אֶת תְּפִלַּת הַמִּתְפַּלְלִים וְתֵעָל
תְּפִלָּתָם לְמַעַן קִדְּשׁוּ הַשָּׁמַיִם:

Sforno on Genesis 28:17:1

He was afraid. Because of the disrespect he had inadvertently shown by sleeping there. **This is none other.** The place that he saw in his dream was the site designated for the Beit Hamikdash. **The gate.** The ladder signified that it was from that place that prayers ascend to heaven.

"The spirit needs prayer the way the body needs exercise, and sometimes prayer can be boring, the way exercise can be boring, but you do it because you know that it's going to make you feel energized, focused, revitalized. It's going to make you a better, larger, deeper human being."

-The Lord Rabbi Jonathan Sacks

Let's Talk!

Why does Yaakov feel shaken when he wakes up from his dream?

How do we show respect towards places of tefillah?

How does tefillah cultivate empathy in us?

Whom do you have in mind when you daven?