



Table Talk Parshat Emor

ויקרא כ"ג:י'

דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם כִּי־תָבֹאוּ אֶל־הָאָרֶץ
אֲשֶׁר אֲנִי נֹתֵן לָכֶם וּקְצַרְתֶּם אֶת־קְצִירָהּ וְהִבֵּאתֶם אֶת־
עֹמֶר רֵאשִׁית קְצִירְכֶם אֶל־הַכֹּהֵן:

Leviticus 23:10

Speak to the Israelite people and say to them: When you enter the land that I am giving to you and you reap its harvest, you shall bring the first sheaf of your harvest to the priest.

ספורנו על ויקרא כ"ג:י':א'

וְהַתְחִיל דְּבוּר חַג הַשְּׁבוּעוֹת מִן הָעֹמֶר (פסוק י'), כִּי מֵאִז
מִתְחִיל קְצִיר בְּעֹמֶר וּסְפִירַת הַשְּׁבוּעוֹת שֶׁהֵם מֵעֵנָן הַחַג
הַנִּקְרָא "חַג הַקִּצִּיר" (שמות כג, טז) וְ"חַג הַשְּׁבוּעוֹת"
(שם לד, כד ודברים טז, י טז) שָׁבוּ נִתֵּן הַוּדָאָה לְאֵל
יְתֻבְּרָהּ עַל "שְׁבֻעוֹת חֲקוֹת קִצִּיר" שֶׁשֹּׁמֵר לָנוּ. כִּי אֲמַנָּם
מִכּוֹנֵת הַרְגָּלִים הֵם הַתְּפִלָּה וְהַוּדָאָה, כְּמוֹ "בְּמוֹעֵד חֹדֶשׁ
הָאֵבִיב" הַתְּפִלָּה לְאֵל עַל הָאֵבִיב וְהַוּדָאָה עַל הַחֲרוּת.
וּבְהִיּוֹת כִּי הַצִּלְחַת הַקִּצִּיר תִּהְיֶה בְּפִי מִזֶּג הַזְּמַן מִתְחַלֵּל
הָאֵבִיב עַד הַקִּצִּיר, בְּאֹמְרוֹ "שְׁבֻעַת חֲקוֹת קִצִּיר יִשְׁמֵר
לָנוּ" (ירמיה ה, כד)

Sforno on Leviticus 23:10:1

The Torah commences its reference to the festival of weeks by speaking of the Omer, and the counting of the seven weeks from Passover until that festival, seeing that the festival of weeks is also known as the harvest festival, חג הקציר, and we thank the Lord for the weeks appointed for harvest, "who keeps for our benefit the weeks appointed for harvest" (Jeremiah 5,24). The principal reason for the festivals is to afford us an opportunity to express our gratitude in prayer and in deed.

תהילים ק':א'-ה'

מִזְמוֹר לַתּוֹדָה הִרְיֵעוּ לֵה' כָּל־הָאָרֶץ: עֲבָדוּ אֶת־ה'
בְּשִׂמְחָה בָּאוּ לִפְנֵי בְרִנָּה: דַּעוּ כִּי־ה' הוּא אֱלֹהִים הוּא־
עֲשֵׂנוּ וְלֹא [וְלֹא] אֲנַחְנוּ עֲמֹ וְצֵאן מִרְעִיתוֹ: בָּאוּ שְׁעָרָיו |
בַּתּוֹדָה חֲצִרְתָּיו בַּתְּהִלָּה הוֹדוּ־לּוֹ בְּרִכּוֹ שְׁמוֹ: כִּי־טוֹב ה'
לְעוֹלָם חֲסִדּוֹ וְעַד־דָּר וָדוֹר אֲמוּנָתוֹ:

Psalms 100:1-5

A psalm for praise.
Raise a shout for Hashem, all the earth; worship Hashem in gladness; come into His presence with shouts of joy. Acknowledge that Hashem is God; He made us and we are His, His people, the flock He tends. Enter His gates with praise, His courts with acclamation. Praise Him! Bless His name! For Hashem is good; His steadfast love is eternal; His faithfulness is for all generations.

"The Hebrew term for gratitude is *hakarat hatov* which means, literally, "recognizing the good." The good is already there. Practicing gratitude means being fully aware of the good that is already yours."

-Alan Morinis

Let's Talk!

What good things in your life are you grateful for?

Why do you think people need reminders to be grateful?

How can you express the gratitude that you have for the people in your lives?

When during your day can you stop to reflect on the gifts in your life?



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