



GRANT PEACE, GOODNESS, AND BLESSING...

PEACE OF LIGHT



שִׁים שְׁלוֹם

SHEMONEH ESREI SERIES



PEACE OF LIGHT

Silent Prayer- Grant Peace	שמונה עשרה - שים שלום
<p>Grant peace everywhere goodness and blessing, Grace, loving kindness and mercy to us and unto all Israel, Your people. Bless us, our Father, all of us as one with the light of Your face; For by the light of Your face You have given us, Hashem our God, the Torah of life, and love of kindness, and righteousness and blessing and mercy and life and peace; And may it be good in Your eyes to bless Your people Israel at all times and in every hour with Your peace. Praised are You, God, who blesses His people Israel with peace.</p>	<p>שים שלום טובה וברכה. חן וחסד ורחמים עלינו ועל כל ישראל עמך. ברכנו אבינו כלנו כאחד באור פניך. כי באור פניך נתת לנו ה' אלקינו תורת חיים ואהבת חסד. וצדקה וברכה ורחמים וחיים ושלום. וטוב בעיניך לברך את כל עמך ישראל בכל עת ובכל שעה בשלומך: ברוך אתה ה', המברך את עמו ישראל בשלום :</p>

When There's No Peace

The V'Ani Tfillah Foundation- Praying With Passion

Levi was a strong, healthy young man. He should have been able to jump out of bed each morning with vigor, concentrate on his prayers, eat with a healthy appetite and be focused and productive at his job. Instead, Levi was exhausted, distracted and miserable, for he and his wife were embroiled in a bitter dispute that was leading quickly toward divorce. The blessing of good health did him little good as long as his heart was in turmoil.

Shimon was one of the wealthiest men in his community. He had everything other people dreamed of – a beautiful home, an apartment in Yerushalayim, a luxurious car and a full household staff. He should have been living a worry-free life. But instead, he was in a constant state of anxiety, waiting to see what his former partner would do next to interfere with his business. Stealing customers, spreading rumors, giving away proprietary information – the



assault never stopped. Both Levi and Shimon had tremendous gifts from Hashem, but they could not hold onto those gifts because their lives were wracked by conflict. No achievement or possession can bring happiness to a soul that is in turmoil. Peace is indeed the “vessel” that receives Hashem’s blessings.

❖ HOW DO YOU DEFINE PEACE?

❖ WHAT MAKES YOU FEEL AT PEACE?

ROLE MODELS FOR PEACE

When God appeared to Avraham and Sarah and promised that they would have a baby within a year, Sarah laughed almost disbelievingly and exclaimed “How can I bear children when my husband is so old?” When God discussed the issue with Avraham He edited the comment to “and she said, how can I bear children when I am so old”.

Yevamos 65b	יבמות סה:
<p>The academy of R' Yishmael taught a Baraisa: How great is the preservation of peace! For even the Holy One blessed is He, altered the truth for the sake of [peace]. We can see this from the way God repeated Sarah’s comments about bearing a child to Avraham, [Sarah says] “My husband is old” and afterwards, [when God repeats her words to Abraham] it says “I am old.”</p>	<p>דבי רבי ישמעאל תנא גדול השלום שאף הקדוש ברוך הוא שינה בו דמעיקרא כתיב {בראשית יח-יב} ואדוני זקן ולבסוף כתיב ואני זקנתי:</p>

❖ WHAT DOES GOD’S “LITTLE WHITE LIE” TEACH?

❖ HAVE YOU EVER LIED TO PROTECT SOMEONE’S FEELINGS?

❖ WHERE DO YOU DRAW THE LINE?

Ethics of our Fathers	פרקי אבות
<p>Hillel would say: Be of the disciples of Aaron-- a lover of peace, a pursuer of peace, one who loves the creatures and draws them close to Torah.</p>	<p>הלל אומר: הוי מתלמידי של אהרן, אוהב שלום ורודף שלום, אוהב את הבריות ומקרבן לתורה.</p>

❖ WHO DO YOU KNOW THAT ALWAYS TRIES TO HELP EVERYONE GET ALONG?

❖ HOW CAN YOU HELP TO MAKE PEACE BETWEEN PEOPLE?

❖ WHY DO YOU THINK PURSUING PEACE BRINGS PEOPLE CLOSE TO TORAH?

PEACE AND LIGHT

The text of Sim Shalom includes within it the Priestly Blessing, the blessing said by the Kohanim for the Jewish people. The Kohanim, decendents of Aharon – the first Kohen Gadol of the Jewish people.

Priestly Blessing	ברכת כוהנים
May Hashem bless you and guard you May Hashem make His face shed light upon you and be gracious unto you –May Hashem lift up His face unto you and give you peace	בְּרַכְךָ ה', וְיִשְׁמְרֶךָ יְאֹר ה' פְּנֵי אֱלֹהֵי, וַיַּחַנְךָ יְשׂא ה' פְּנֵי אֱלֹהֵי, וַיִּשֶׁם לְךָ שְׁלוֹם



Darkness often represents turmoil, confusion, apprehension and fear in contrast to light, which is often associated with clarity, certainty and serenity.

❖ WHY DO YOU THINK LIGHT GIVES US A SENSE OF RESOLUTION AND PEACE?

Talmud Bavli: Shabbat 23b	שבת כג ב:
Raba said: It is obvious to me [that if one must choose between] the house (Shabbat) lights and the Hanukkah lights, the former is preferable, on account [of the importance] of the peace of the home	נר ביתו ונר חנוכה נר ביתו עדיף משום שלום ביתו

Rashi's Commentary	רש"י על שבת כג ב:
The light they produce dispels the tension that often permeates an unlit house, and provides an ambience of domestic serenity as the members of the household can move about freely and delight in the aura of Shabbat.	שלום ביתו - והכי אמרינן לקמן (דף כה:): ותזנח משלום נפשי זו הדלקת נר בשבת שבני ביתו מצטערין

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When I light the Shabbos candles, I feel like I am having a private audience with Hashem. It's a time of peace and I try to put the week's strife out of my mind. When I light my candles I feel a separation between Holy and mundane. It's a very special time for me.

Shabbos candles ... a time for reflection and letting a deep breath out knowing that my worries and concerns are also those of Hashem's. I love the atmosphere of eating with the candles, and my candelabra is a very cherished possession. It is a time

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to take time for my thoughts and prayers.

INNER PEACE

Koren Ani Tefilla Siddur

Shalom is related to the word shalem, meaning whole or complete. There cannot be peace unless people feel complete within themselves; until they are at peace with their physical selves, their ethical selves, their emotional selves. We ask Hashem to help us become more complete people today so that we may be at peace with ourselves and with others.

- ❖ WHAT MAKES YOU FEEL COMPLETE?
- ❖ WHAT MAKES YOU FEEL AT PEACE?
- ❖ WHAT CAN YOU DO TO START TO COMPLETE YOURSELF?

Masechet Uktzin (3:12)	מסכת עוקצין • פרק ג • משנה יב
"R. Shimon b. Chalafta said: G-d found no container of blessing for Israel other than peace, as it says, "Hashem will give his nation strength; Hashem will bless His nation with peace."	אמר רבי שמעון בן חלפתא: לא מצא הקדוש ברוך הוא כלי מחזיק ברכה לישראל אלא השלום, שנאמר יברך את עמו ' עז לעמו יתן ה' (תהלים כט, יא) ה בשלום



- ❖ WHY IS PEACE SUCH A CENTRAL BLESSING?

❖ WHY DO YOU THINK IT FOLLOWS A BLESSING OF STRENGTH?

Rav Shlomo Wolbe Shalhevesya pg 34

Concentrated prayer disciplines the mind and trains a person to control his inner thoughts so that they are unaffected by external distractions. Prayer is an intimate dialogue between man and his Creator. Speak to Him as you converse with your friend, and listen to Him as you listen to a friend, focusing all your attention on Him. All around you are diversions: noise, traffic, airplanes, and radios. Inside is emotional turbulence: worries, stress, dilemmas, quarrels, desires and daydreams. Then suddenly, there is only quiet and calm. The inner tranquility creates an impression of serenity and silence all around. The incessant din subsides. Noise and chatter recede far into the background- I am immersed in prayer.

(Translation by Rabbi Avrohom Chaim Feuer)

❖ HAVE YOU EVER FELT AT PEACE WHEN YOU HAVE PRAYED?

❖ WHAT DID IT FEEL LIKE?

❖ HOW DID YOU ACHIEVE THAT FEELING?

CONCLUDING THOUGHTS

- ❖ Without inner peace and serenity all other blessings can be easily overlooked or ignored.
- ❖ Peace and maintaining peace is a lofty goal and can outweigh strict conformity to truth.
- ❖ Aharon was a beloved leader of the Jewish people because he was the model of peace making.
- ❖ The kohanim bless us with peace and light
- ❖ Light is connected to peace by the inner light we find within ourselves in coming out of “darkness” to feel at peace.
- ❖ The candles of Shabbat and Chanukah imbue the home with peaceful blessings.
- ❖ We pray for peace for ourselves, for our nation and for the world.