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לחיות את הפרשה LIVING THE PARSHA

אנכי ארד עמך מצרים ואנכי עולך גם עלה (בראשית מו, ט)

"I will go down with you to Mitzrayim, and I will also bring you up" (Bereishis 46:4)

עמו אנסי בצרה

יעקב אבינו חי קמ"ז שנים. מתוך השנים הללו קל לעליות אמר יעקב מועט ורעים היו ימי שנין ח"י (בראשית מו, ט). אולם י"ז שנה חי במצרים, י"ז גימטריה טוב. ואלו הם הימים שחי יעקב אבינו בטובה. וכל זאת כי שם קיבל הבטחה מהקב"ה אָנֹכִי אֶרְד עַמָּךְ מִצְרָיָם (בראשית מו, ד), והיינו שבלל המצרים תDIR הקב"ה עמו בכל מצב, וכאשר הקב"ה נמצא עם האדם בכל מצב, הינו שרווי בטובה, ואין לך טובה גדולה מזו.

למענה: מעת לעת לפרקין לזכור שהש"ית נמצאת עמו עתה, ובפרט במצבים קשים ומורכבים עליינו לזכור זאת ביתר שאת וביתר עוז, ולהושע שזו הטוב האמתי.

"I am with him in distress"

Yaakov lived 147 years. From those years, Yaakov said about 130 of them, "The days of the years of my life have been few and miserable" (Bereishis 47:9). However, for seventeen years he lived in *Mitzrayim*. Seventeen is the *gematria* of *טוב*, good. These were the years that Yaakov Avinu lived with goodness.

This was all because he received for there a promise from Hakadosh Baruch Hu "I will go down with you to *Mitzrayim*" (Bereishis 46:4). This means that with every "מצרים", *tzarah*, Hakadosh Baruch Hu is always with him - in every situation. And when Kakadosh Baruch Hu is with a person, in every situation, this is called living with goodness. There is no greater goodness than this.

In Practice: From time to time, remind yourself that Hashem is with you, right now! Especially during hard, complex times, remember this even more, and with greater strength. Sense that this is the true good.

[EXPANDED BASED ON EDITORS UNDERSTANDING]

"I AM WITH HIM IN DISTRESS" (TEHILLIM 91:15)

Yaakov lived 147 years, but they weren't easy years. He suffered many *tzaros*. Therefore, regarding the first 130 years of his life, Yaakov told Pharaoh, "The days of the years of my life have been few and miserable" (Bereishis 47:9). But this all changed when he came to *Mitzrayim*. The indication to this is that he lived seventeen years in *Mitzrayim*, and seventeen is *gematria* *טוב*, good. Finally, Yaakov Avinu lived good years.

What was different during the final seventeen years, that life became good for Yaakov Avinu? It is because before going down to *Mitzrayim*, Hashem told Yaakov, "I will go down with you to *Mitzrayim*..." (Bereishis 46:4). While living in *Mitzrayim*, Yaakov Avinu knew that Hashem was with him, and that awareness is the greatest joy. Who wouldn't rejoice being in the presence of the Great King, speaking with Him, serving Him? Furthermore, he knew that everything he goes through is certainly for the best. He is in Hashem's presence, and everything comes from Him.

The translation of *מצרים* is also *tzarah*, troubles. This hints to us that Hakadosh Baruch Hu is with every Yid, and particularly, when he is going through hard times. A person should rejoice with this awareness, because there is no greater goodness than this.

PRACTICAL APPLICATION

From time to time, you should remind yourself that Hashem is with you. Strive to rejoice with this awareness, for it is the greatest joy. Especially during hard times, remind yourself repeatedly that Hashem is with you, and life will always be good for you.