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TEACHER'S GUIDE

MY INNER VALUE

✍ MY ACTIONS MATTER | SOURCES:

- לפיכך כל אחד ואחד חייב לומר בשבילי נברא העולם (משנה סנהדרין ד:ה)
- וזאת תורת האדם, כל איש ישראל אל יאמר בלבו ח"ו כי מי אני, מה כחי לפועל במעשי השפלים שום ענין בעולם...? (נפש החיים)
- לעולם יראה אדם עצמו כאילו חציו חייב וחציו זכאי עשה מצוה אחת אשריו שהכריע עצמו לכף זכות עבר עבירה אחת אוי לו שהכריע את עצמו לכף חובה (קידושין מ:ב)
- זאת מנתגלה לפניו ברגע זה תוך כדי עבודתה היא נקודה שלא נתנה מקומם לכל בלי' ולא תנתן עוד. כי בחירת כל רגע ורגע תכלית אחרת לה שתוכל להשתלשל רק על ידי אדם זה לבדו בכל הבריאה כולה והוא ורק הוא המחדשה עכשיו! (ספר בן מנחם)
- "שהדקדוק שידקדק על יגיון המצוות... כאשר ידקדקו יווקלי הזהב... לרב יקרם... והיקר הנצח... שגין קר למעלה ממנו" (מסילת ישו)

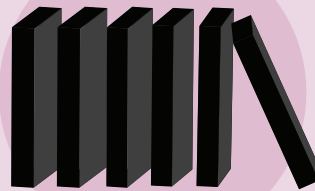
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📄 MATERIALS:



1 per student

'EVERY SINGLE NOTE' STORY
Read-Along



1 set per class

SET OF DOMINOES
Demonstration

My Actions Matter

LESSON AT A GLANCE

INTRODUCTION



CONCEPT:

Every Jew's actions and accomplishments on this Earth are incredibly powerful, with far-reaching effects.



ESSENTIAL QUESTION:

Do I need to be the 'change-the-world' kind of personality to leave an imprint or do my everyday, individual actions actually carry serious value?



ANTICIPATORY SET:

'Dynamite Actions'

Brainstorm: Do I view my actions as transient? Or do I acknowledge the power in everything that I do?

LESSON



READ-ALONG:

'Every Single Note'

Message: Your action might be just a small part of the bigger picture, but it is a vital component.



DISCUSSIONS:

- The Dynamite Mentality Changes Feelings
- The Mission of the Moment
- Feeling Singled Out
- Unpopular Paths Matter



CLOSURE:

'Domino Power'

My Actions Matter



Every Jew's actions and accomplishments on this Earth are wildly powerful, with unfathomable effects.

ESSENTIAL QUESTION

Do I need to be the 'change-the-world' kind of personality to leave an imprint or do my everyday, individual actions actually carry serious value?

ANTICIPATORY SET

DYNAMITE ACTIONS

BRAINSTORM: Do I view my actions as transient? Or do I acknowledge the power in everything that I do?

Teacher shares the following mashal with students:

A little boy on a camping trip with his family wanders away from the family's tent and stumbles a bit past the clearing into the thickness of the forest. He feels sad; a bit dejected even, because he is the youngest in his family and nobody trusts him to build the fire or catch the fish. As he waits, he almost trips over a pile of small sticks. With nothing else to do, he picks up one stick at a time and hurls each one deep into the tops of the trees. Meanwhile, unbeknownst to him, each stick sets off a powerful explosion deep in the woods. He has no idea that these simple sticks are far from simple! Each piece he picks up is a stick of explosive dynamite!

CONCLUSION: The actions that a person does often seem like 'small sticks' but they are 'powerful dynamite' in reality. A person who wants to work hard to live life to the fullest will often look back at a long day and feel deflated when he looks at his day's accomplishments, particularly if nobody noticed or praised any of his actions.

FOCUS! It is vital to develop the positive and accurate perspective of the significant weight of every Jew's every single actions.

LESSON

LIPS ON FIRE

In his introduction to self-development, Rav Wolbe stresses that before a person even begins to do any actual work on any of his *middos*, he should say to himself for a half an hour every single day for several weeks, "*Bishvili nivrah ha'olam* – the world was created for me". He should say this to himself again and again, not in a monotonous, robotic kind of

way. The correct way, Rav Wolbe exclaims, is for a person to consistently tell himself, “*Bishvili nivrah ha’olam*” with his ‘lips on fire’! This message is one that is vital for each person’s psyche to truly experience.

(SEFER ALEI SHUR)

FOR MY PATH

🔖 FROM THE SOURCE: It is crucial to explore the meaning of ‘*Bishvili nivrah ha’olam*’ in order to say this with ‘lips on fire’! This Mishnah often sounds extremely dramatic and people often assume that this is an expression, but not the reality.

Imagine a world that is devastated by a severe natural disaster, *chas v’shalom*, and you manage to avoid the destruction by hiding out in a remote cave. As you realize that the world as you know it is gone, you begin to wonder, in breathless fright, *Will the sun rise tomorrow morning?* As dawn grows closer, the question becomes urgent, until at last, the first rays of the sun glow at the edges of the horizon. The ground could be filled with smoldering ash and you can be the only human being on Earth. And the sun will rise... *for you*. This is the literal understanding of *Bishvili nivrah ha’olam*. Each person should live with the passion that he is this individual. Because he is.

(RAV YOSEPH ELEPHANT – MAGGID SHIUR, MIR YERUSHALAYIM)

The word ‘*bishvili*’ technically translated means ‘for my *shvil* – for my path’. The world was created for *my path*. I have a unique, individual path: my own special journey through life, with my own challenges, goals, and destinations. The entire world was created so that I can travel my unique path and accomplish my mission, through actions that *only I can do*.

MY POWERFUL ACTIONS

🔖 FROM THE SOURCE: The Nefesh Hachaim states an important principle:

וזאת תורת האדם, כל איש ישראל אל יאמר בלבו ח”ו כי מי אני, מה כחי לפועל במעשי השפלים שום ענין בעולם.
A member of Klal Yisrael must never say to himself, chas v’shalom, ‘what am I [worth], and what power do I have to accomplish anything significant through my lowly actions...?’

Amazingly, every Yid’s single action is dynamite, with a powerful, explosive impact on the universe. Each Yid may not realize it, but he is wildly powerful. One ‘minor’ decision that a person makes in the privacy of his home in New York can impact the lives of people miles away – or even years later! The Nefesh Hachaim explains that every small detail of every action leaves a mark not just on his immediate surroundings, but on the whole universe, for eternity.

(SEFER NEFESH HACHAIM)

🔖 FROM THE SOURCE: The Rambam says that when a person is making a decision regarding whether to do a certain

action or not, he should view the world with an urgent mindset. He should envision that the current state of the world is 'chatzi chayav and chatzi zakai' – half guilty and half innocent' and it is his action that will sway the entire world to either side. The Rambam says that a person should do this because incredibly, this is the reality! The power of one person's one positive action is so significant that it actually sways the entire world to the side of *zakai*.

(SEFER MADDAH – HILCHOS TESHUVA)


DISCUSS: The Dynamite Mentality Changes Feelings

A girl might wonder to herself, "There are so many great Tzadikim in the world. Do my Mitzvos really make a difference? Does it matter if I speak to my teacher with respect, even when I'm annoyed about one of my grades? Should I bother to put in effort to be friendly to the girl in my neighborhood's performance during play practice who seems a bit lonely?" If she thought about this idea from the vantage point of the Nefesh HaChaim or the Rambam, would her passion to do the right thing shift?

Would her action itself be any different?

Do you think she would feel positive about what she did even if it was particularly difficult? Why?

ONCE AND NEVER AGAIN

 **FROM THE SOURCE:** The words in Krias Shema, "והיו הדברים אשר אנכי מצוך היום על לבבך" – *Let these matters that I command you today [the Torah and Mitzvos] be upon your heart* – teach the significance of each action as a once-in-a-lifetime opportunity.

'Anochi' teaches that the job is from Hashem – it is directly charged by Hashem Himself.

'Metzavecha' teaches that the charge is simply for this single person only; 'you' in singular form.

'Hayom' teaches that today's mission is a one-time-only, unique for today, charge, that will never be available again!

Each minute is different than the minute before.

(CHOCHETZ CHAIM)

 **FROM THE SOURCE:** The Michtav M'Eliyahu states this idea powerfully:

זאת שנתגלה לפניו ברגע זה תוך כדי עבודתה היא נקודה שלא נתנה מקודם לכל ברי' ולא תנתן עוד. כי בחירת כל רגע ורגע תכלית אחרת לה שתוכל להשתלם רק על ידי אדם זה לבדו בכל הבריאה כולה והוא ורק הוא המחשבה עכשיו!

This [opportunity] that is before him at this moment is one that was not given to any creation before and will not be given henceforth. For the choice of every moment has a different purpose that is possible to be achieved only through this person alone; in all of Creation, he and only he can fulfill this at this moment!

At every moment, we are each presented with a singular opportunity to fulfill The Mission of The Moment - a mission

Rabbi Yochanon HaSandler, the *Tanna*, was called HaSandler because of his occupation as a shoemaker. That's right - the great *tanna* spent hours each day fixing shoes! One might think that it is demeaning to refer to great *tanna* as 'hasandler - the shoemaker' - why refer to him by his simple occupation? The Gemara explains the way Rav Yochana performed his 'simple' occupation; with each stitch, Rabbi Yochanon was 'meyached yichudim' – that he was connecting everything he did to the one and only Source of all things.

Rav Yisrael Salanter says, *Wow!* What does it mean that Rabbi Yochanon was 'meyached yichudim'? It sounds like something that is very lofty and completely removed from this world! He explains that when Rabbi Yochanon created each pair of shoes, he fully invested himself in the action of producing a pair that would be wonderful for the recipient. The right fit. The warmth. The most comfortable. And his investment in the tiny technical details of shoemaking was incredibly holy as a result.

It is mind-blowing for a person to think about his daily actions. Each positive action that a person does - even crafting shoes with the right intention! - is lofty and holy, no matter how unimportant that action might be in the eyes of the world.
(RAV SHLOMO FREIFELD – IN SEARCH OF GREATNESS)

CLOSURE

Conduct the following exercise together as a class, putting an example on the board, before instructing students to complete their closure card using their own example.

Optional: Complement the closure card with an audio/visual (not included in lesson plan) of a long domino effect, in which students watch a single domino set off a large chain reaction. Alternatively, conduct a live demonstration using real dominoes - have a student set it up before.

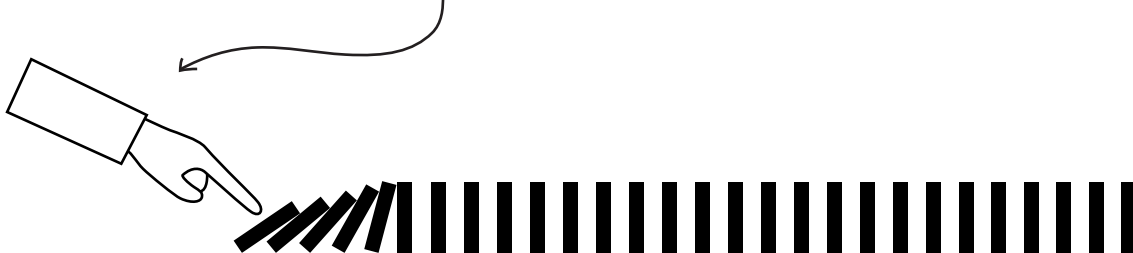
[Take a Minute]

DOMINO POWER

STEP 1: On the line below, write the tiniest positive action you can think of - one that you do often:

STEP 2: Take the action you wrote and try to make it even tinier.

STEP 3: Write your teeny-tiny action HERE



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