



Young Israel of Bal Harbour

The Dose

Wednesday, March 2, 2016, Adar I 22, 5776

Sponsored by: Susan and Aaron Weinberg

in honor of our Rav, Rabbi Moshe Gruenstein for his teaching and spiritual leadership.

The Ben Ish Chai writes that Torah study on Shabbos is worth 1,000 times more than the same Torah study during the week. The Chofetz Chaim made the following calculation: Shabbos is equal to the entire Torah (and Friday, which is connected to Shabbos, acquires the holiness of Shabbos), therefore every mitzvah that a person does on Shabbos is equal to the 613 mitzvos in the Torah. The Vilna Gaon considered every word of Torah study to be a mitzvah, so when a person studies Torah on Shabbos, each word of Torah is multiplied by 613. Therefore, on Shabbos there is no end to the number of mitzvos a person can accumulate.

This translates as follows: A person in one minute can say approximately 200 words which would mean that one minute of Torah study on Shabbos can garner for you 122,600 mitzvos awesome!

p.s.

(According to the Ben Ish Chai – it would be 200,000 mitzvos in a minute)

Wishing you an inspiring day!

Rabbi Moshe Gruenstein