

Countering the "If Only" Life

"These were the years of the life of Sara"



Gen. 23: 1-2

And Sara was a 100 and twenty seven years old, these were the years of the life of Sara. And Sara died in Kiryat Arba, which is Hebron...

Rashi (Gen. 23:1)

The Life of Sara--Each of her years were consistently perfect and equal in righteousness.

Bereishit Rabba (60:16)

Throughout Sara's life, three miracles took place in her home: a protective cloud (representing the Divine Presence) hovered over the entrance to her tent; a blessing was present in her dough and her candles would burn from one Shabbat to the next.

Rashi (Gen. 23:1)

These were the years of the life of Sara—Each of her years were consistently perfect and equal in righteousness.

Numbers 15:20

From the first of your kneading bowl, you shall lift up a dough-offering (challa) to G-d.

Shulchan Orach, Orach Chaim 263:2,3

It is mandatory for both men and women that a candle be lit in their home on Shabbat. Women are especially enjoined concerning this.

Mishna Brura, ad. loc.11, 12

Even if the husband wants to kindle the candles himself, his wife takes precedence.

Leviticus 18:19 (as well as Lev. 15:19, 24; 20:18)

Also you shall not approach a woman in the tum'ah of her [menstrual] separation, to uncover her nakedness.

Holy Letter of Nachmonides

Know that the intimate union of man wife his wife is holy and pure... The male is the mystery of wisdom and conception; the female is the mystery of understanding and development. Pure intimate union can be a means of spiritual elevation when properly practiced.

MIRACLES IN SARA'S LIFE

Miracle in Sara's Tent:	Miracle in the Temple:	Mitzvah of Jewish Woman:	Elevates aspect of Reality:
Blessing on Challah, satiating	Show Breads / Lechem Haponim	Taking a piece and blessing "Challah"	Realm of Physical
Shabbat Candles burned from week to week	Menorah flames	Lighting Shabbat candles to usher in Shabbat	Realm of Spiritual and Abstract
Cloud of Divine presence hung over entrance	Presence of Holy Shechina	Taharat hamishpacha / Laws of Family Purity	Realm of inter-personal relationships

Let's Review:



- Throughout Sara's life, there were 3 miracles in her home: her Shabbat candles burned from week to week, she experienced a blessing in her dough and a protective cloud hovered over her tent.
- The miracles in Sara's home resembled those in the Temple: the lights of the menorah burned brightly, the miraculously fresh and satiating show breads, and the divine presence rested within.
- Sara transformed her home into a spiritual sanctuary. Even the Temple's miracles mirrored her home, demonstrating the great holiness a Jewish home can attain.
- The miracles in Sara's home parallel the special 3 mitzvot entrusted to the Jewish woman: Shabbat candles, consecrating challah, and the laws of Family Purity.
- In each of these 3 mitzvot, we can experience how to take a mundane or physical circumstance and transform it into something holy and G-dly.
- Sara's life was perfect because in every moment and every ordinary opportunity she found blessing and infused it with the extraordinary.

Something to Think About:

How can you seize the moment?

Video: www.chabad.org/2111873