

פרק א', משנה טו

**שְׁמַאי אָמַר, עֲשֵׂה תוֹרָתְךָ קֹבַעַ. אָמַר מְעַט וַעֲשֵׂה הַרְבֵּה,  
וְהָיִי מְקַבֵּל אֶת כָּל הָאָדָם בְּסֹבֵר פָּנִים יְפוֹת**

**שְׁמַאי** says: Make your Torah study a fixed practice; say a little and do a lot;  
and receive all people graciously

### **עֲשֵׂה תוֹרָתְךָ קֹבַעַ**

Ideally, a Jewish man's work schedule should fit around his Torah learning,  
and not the other way around. *Studying Torah should be as natural to us as  
breathing*; Torah is our LIFE; you don't need a schedule for it -

**- כִּי הֵם חַיִּינוּ וְעוֹרֵךְ יָמֵינוּ וּבֵהֶם נִהְגָה יוֹמָם וּלְיָלָה**



A woman is exempt from learning and teaching Torah, yet she must familiarize herself with  
areas of Torah that are relevant to her performance of מצוות.

*What are areas of Torah that ladies are obligated to learn about?*

*How can we have a share in תורה?*

### **אָמַר מְעַט וַעֲשֵׂה הַרְבֵּה**

Don't speak so much about your lofty plans – get moving and do as much as you  
can! We learn this from אברהם אבינו when he greeted his guests on the scorching  
hot day after his מילה. אברהם said to his guests, "ואקחה פת לחם", yet the Torah  
describes what he actually did for them, "ויקח בן בקר רך וטוב..." (בראשית יח, ז)



### **וְהָיִי מְקַבֵּל אֶת כָּל הָאָדָם בְּסֹבֵר פָּנִים יְפוֹת**

Receiving people warmly sends them the message,

"You are important to me and I am happy to see you!"

Stories abound of the magical effect of a warm  
greeting! (- see following page)



How can I make someone feel special when I receive them?

I CAN:

_____	_____
_____	_____
_____	_____

*Who knows what we can accomplish when we greet a person warmly...*

*- It's an easy way that we can do for others... and besides, it's going to also win us lots  
of friends along the way!*