

## Parashah Re'eh

The one where Moses talks about the blessings that come with good behavior and the curses that come with bad behavior.

**Parashah Re'eh focuses on the theme of choice and consequence.** In this portion, Moses addresses the Israelites, urging them to pay attention to the laws and commandments set before them.

**Moses begins by presenting the idea that blessings or curses will come to the Israelites depending on whether they choose to follow the commandments or not.** He emphasizes the importance of maintaining a strong connection to their shared identity and heritage as they enter the Promised Land.

**One key idea of Parashah Re'eh is the discussion of centralizing worship.** Moses instructs the Israelites to worship in a specific location, later to be identified as Jerusalem, and not to engage in idolatrous practices. The parashah outlines the rules against following false prophets and those who attempt to lead the people astray. It also addresses various laws and ethical guidelines for daily life. These include instructions on keeping kosher, the treatment of the poor, the Sabbatical year, and the observance of festivals such as Passover, Shavuot, and Sukkot.

**In summary, Parashah Re'eh stresses the importance of making conscious choices that align with the commandments and ethical principles of the Israelite community.** It presents a vision of blessings for obedience and curses for disobedience while emphasizing the need for centralized worship and adherence to a distinct way of life as the Israelites prepare to enter the Promised Land.



Hello  
Haftarah

## Teen Takeaways from Parashah Re'eh

- 1. Think before you act:** Just like in this portion, where the Israelites were told that their choices had consequences, remember that your actions have results. Whether it's studying for a test or making choices with friends, think about the potential outcomes. The scene of Mount Gerizim and Mount Ebal is actually a place in Israel with these two huge mountains adjacent to each other and a chasm-like valley in between. These can be seen today appearing just as they did in the days of the Bible. Choices can make the difference between good and bad consequences.
- 2. Community matters:** The idea of centralized worship is about coming together with your community. It's like how your friends and family are important in your life. Being part of a supportive group can make a big difference. While it is good to have some private time, there are immeasurable benefits to being part of a community. Prayers are often more powerful when recited among a larger group saying some of the same things. Listening to your music, you know the difference between a recording of a solo singer and that of a group. Each has its strengths.
- 3. Be kind and fair:** Parashah Re'eh talks a lot about treating others well. Being kind to people, standing up for what's right, and not going along with things that feel wrong are all really important in your teenage years. Be confident in your choices when you know you are doing the right thing. When you are uncertain, it is okay to think about things for a while.
- 4. Healthy choices:** Just as this portion talks about what foods are good to eat, it's essential to think about what you're putting into your body. Eating healthily can help you feel better and have more energy. Even if keeping kosher is not a better diet, exercising control over what you eat can create a beneficial discipline in how you go about doing things. There are a lot of fast-food restaurants. How is keeping kosher "slow food"?
- 5. Take breaks:** The idea of a Sabbatical year reminds us to take breaks. In your busy life, remember to relax, recharge, and not get too stressed out.
- 6. Celebrate traditions:** The holidays mentioned in this portion are like your special family traditions. They help you remember where you come from and give you a chance to connect with your heritage. The holidays we celebrate today have a history of celebration, some more than a thousand years. But we continue to revise those rituals so that they make sense to us today, living in a different kind of world. And traditions vary from family to family. Passover seders, for example, take on a variety of styles in different homes and locations.
- 7. Remember your roots:** Just like Moses reminded the Israelites of their history, it's good to know your family's story and where you come from. It can help you better understand yourself. Your b'nai mitzvah process might be a good time to talk with the oldest living members of your family to find out their stories.
- 8. Help others:** Parashah Re'eh talks about taking care of those who need help. Whether it's volunteering or helping a friend in need, being there for others is an important part of growing up.
- 9. Be critical thinkers:** The portion warns against false information. In today's world, there's a lot of information out there, so always question things and use your critical thinking skills. Be especially cautious about which websites and social media you explore. Some are filled with untrue news and hate.

## Summary

Parashah Re'eh teaches us about **making choices**, **being part of a community**, **treating others well**, and **staying true to ourselves**. These lessons can help you navigate your teenage years and **become a responsible and compassionate young adult**.

