



**לזכות**  
 הרה"ת ר' ארי' הלוי שיחי' לאנג לרגל יום הולדתו כ"ח כסלו  
 ולזכות בנו הת' יעקב יצחק הלוי שיחי' לרגל יום הולדתו ב' טבת  
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 ולע"נ  
 הרה"ח הרה"ת ר' זאב יוסף ע"ה בן יבלחט"א ר' שלום שיחי'  
 וזוגתו מרת רחל בת ר' מרדכי ע"ה  
 סיימאנס  
 נלב"ע י"א טבת ה'תשס"ח  
 תנ"צ'ה'



# Shemittah = Change



One of the great challenges of raising children is training them to restrain themselves from doing whatever they wish to do. Instinctively, they don't want to do the right thing, as the *possuk* says, יצר לב האדם רע מנעוריו. Educating them entails teaching them that they must make the right choice even if it is not what their instinct wants. They must change their natural habits.

Breaking a habit or changing pace is a challenge not just for young children, but for full grown adults too. This includes not only

changing from an easy habit to a hard one; even changing from a hard to an easy habit can be painful. As the Gemara states regarding the workers of the city Mechuza:<sup>1</sup>

“Workers [*akhlushei*] of Mechuza, who become weak if they do not work.”

These laborers were accustomed to steady, strenuous work, and therefore sitting idle was difficult for them, not enjoyable.

Change is difficult.

*Shemitah* is all about change.

Change of pace.

For six years, we are used to spending the daytime hours working the land, understanding that we must work to support ourselves. Now, for a full year, we change pace completely, no work whatsoever, and instead we learn and daven all day.

*Shemitah* teaches us and gives us the strength to make drastic changes, until the next *Shemitah*. **T**  
(Adapted from *Sefer Hasichos* 5747 p. 74)

1. Bava Metzia 77a