Zevi Samet
Parshas Toldos 2025

I shared this with the team one day this week after Shacharis.

We all know the famous story where Yaakov boiled the red lentil soup for Eisav. Eisav comes home after hunting in the field. The Pasuk says, וַיֹּאמֶר עֵשָׂו אֶל יַעֲקֹב: הַלְעִיטֵנִי נָא מִן הָאָדֹם הָאָדֹם הַזֶּה כִּי עָיֵף אָנֹכִי, "And Eisav said to Yaakov: 'Pour into me now from this very red stuff, for I am exhausted.'" Why? Because it says כִּי עָיֵף אָנֹכִי, "because I am exhausted, because I am tired." But the word used is הַלְעִיטֵנִי נָא, "pour into me now." We know in Hebrew, נָא could also mean "please." So what did he say? He said, "Pour into me now." Perhaps one lesson we can learn from this is that when there is a time we're exhausted, we have a very intense and strong way of speaking. We want things now. We say things harshly. We have to change from that נָא, "pour into me <u>now</u>," and instead change it to נָא, "<u>p</u>lease." Even in a time of exhaustion, we need to be able to change to "please."

A few Pesukim later, it says that Yaakov went to Eisav and he said, מִכְרָה כַיּוֹם אֶת בְּכֹרָתְךָ לִי, "sell me your birthright today." So Eisav says, הִנֵּה אָנֹכִי הוֹלֵךְ לָמוּת; וְלָמָּה־זֶּה לִי בְּכֹרָה, "Look, I am going to die, so what use is the birthright to me?" So Yaakov says, הִשָּׁבְעָה לִי כַיּוֹם; וַיִּשָּׁבַע לוֹ, וַיִּמְכֹּר אֶת־בְּכֹרָתוֹ לְיַעֲקֹב, "Swear to me today." So he swore to him, and he sold his birthright to Yaakov. And then the next Pasuk says, וַיִּבֶז עֵשָׂו אֶת־הַבְּכֹרָה, "Eisav belittled the birthright."

I think the message is clear. When you're tired and you're exhausted, sometimes you make poor decisions. We know this because later in the Parsha Eisav said to Yaakov, "You took my bracha from me and you took my birthright." So at the end of the day, he did feel that he regretted giving the birthright. So when we're exhausted and we're tired, we need to have an extra emphasis on making smart decisions, on thinking things through, and not just belittling other things. And on top of that, we have to make sure we are well-rested. We have to make sure we are well-rested in terms of what we eat, in terms of how we sleep, so that at the end of the day we don't end up in a constant state of tiredness.

So, to sum it all up, we have to always remember that, instead of saying harshly, "give me stuff now," when we're tired, we have to change that to "please," in a calm and nice manner. And when we're tired and exhausted, sometimes we make poor decisions that we often regret. We should think things more carefully and thoroughly so we BEH make the best decisions in the long run.

(Bereishis 25:29-34)