



נועם שבת
Noam Shabbos Project
 In memory of Naama Markovits A”H
 לע”נ נעמה חנה ע”ה ב”ר יהודה איסר נ”י



Sefer Shabbos Kodesh
 (ספר שבת קודש)

Chapter 3: Shabbos is the Day We Can Find Hashem (Continued)

(זכור את יום השבת לקדשו)

[Pages 37-38] [Hebrew version: Pages כ”ז-כ”ח]

On Shabbos we refrain from Davening for a sick person unless they are in dire need. Chazal state “Shabbos is not a day for crying and the healing will arrive quickly...she (Shabbos) is capable of having compassion,” in other words, Shabbos itself will usher in compassion and heal our wounds and all our troubles. Why don’t we ask for Refuah or any material needs on Shabbos? Furthermore, how do we merit this specific Brocha on Shabbos? Rav Pincus answers this fundamental question with the following Mashal. There was a successful fund raiser who would glean as much information as possible on a potential large donor’s past, family and interests before he approached the donor and when he would meet the individual he would inquire about and discuss the person’s hometown, family and other matters that were important to him. This fundraiser would first develop a relationship with a potential donor and only after he felt he was close with that individual would he discuss his yeshiva’s needs and in the end, he would receive a far greater check than he would have had he simply asked for money. Rav Pincus explains that on Shabbos, when we have a special opportunity to develop a personal relationship with Hashem, we don’t make any personal requests, we only focus on becoming closer to Hashem. After Shabbos comes to an end and we have attained a special closeness to Hashem, then is the appropriate and more propitious time to ask for our personal needs. This is all accomplished by remembering Shabbos and focusing on our goal to seek out Hashem and develop a real relationship with Hashem.

Hilchos Shabbos

(הלכות שבת)

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Visiting the Sick on Shabbos

It is a great Mitzvah to visit and care for a sick person. One may visit a sick person on Shabbos (or Yom Tov) if the patient will appreciate the visit. However, it is improper to schedule one’s visits exclusively for Shabbos for the sake of convenience while refraining from visiting during the week. When visiting a sick person on Shabbos one should say the following: “*Shabbos He Meliz’ok U’refuah K’rovah Lavo*” (Shabbos prevents one from crying out {and in the merit of not crying out because of Shabbos} your recovery will be swift in coming).

Shulchan Aruch w/Mishna Brurah 287:1, Sefer 39 Melachos

Shabbos Tefillos Insight

(תפילות שבת)

It is a widely accepted practice that on שבת ליל a father gives a ברכה to his children. There are two explanations for this practice, and the second complements the first. The first reason is seemingly practical, that during the course of the busy week it is common for a father to become upset at his children and that affects the children. On Shabbos, when there is serenity, the father uses that opportunity to bring ברכה to his children. The second reason is that on Shabbos the father can use his יתירה נשמה to unleash unusually strong ברכות upon his children. Some say that the מלאך רע who escorts the father home from shul answers to אמן to this ברכה as well. The מנהג is to say ישימך and יברכך, but any ברכות can be added as well, specifically those that pertain to תורה ומצוות.