

מסכת

יוֹמָא

ד' פ' ע"ד

DAF YOMI4 KIDS

Inside The Daf

Did you know the Torah doesn't actually tell us to fast on יום כפור? The Torah says:

"בַּחֹדֶשׁ הַשְּׁבִיעִי בְּעֶשְׂרֵי לַחֹדֶשׁ תַּעֲנֻנוּ אֶת נַפְשֹׁתֵיכֶם וְכָל מְלָאכָה לֹא תַעֲשׂוּ"

"On the seventh month on the tenth of the month **you should afflict yourselves** and not do any work." (ויקרא טז:כט, Lev. 16:29)

"Afflict" means to "punish" or "hurt". The גְּמָרָא tells us that this means we should fast.

But how do we know that the Torah doesn't mean that we should sit in the freezing cold or in the burning hot sun? Wouldn't this also be "afflicting" ourselves?

The answer is, right after the Torah tells us to afflict ourselves it tells us not to do any work. Just like not doing any work means we are *not* doing something, so too "afflicting" ourselves means we have to *not* do something – like eating and drinking.

Another way we know that "afflicting" means "fasting" is from a פְּסוּק (verse) in the Torah that says, "וַיַּעֲבֹד וַיַּרְעֵבךָ", "He afflicted you and let you hunger" (דברים ג:ח, Deut. 8:3) This shows "affliction" is caused by "hunger."



WORD OF THE DAY:

אֵינוּ

"HE/IT IS NOT"



Did You Know...

People enjoy their food more when they can see it. The גְּמָרָא therefore suggests to eat during the day, so you can see your food.

What You Don't See Can Hurt You

The Torah says, "הַמֶּאֱכָלָהּ מִן בְּמִדְבָּר ... לְמַעַן עֲנִיבֶךָ" "[Hashem] fed you manna in the desert ... in order to afflict you" (דברים ח: טז, Deut. 8:16).

The question is, how was the manna an "affliction"?

רַבִּי אֶסִי and רַבִּי אֶמִי each explain the affliction of the מן (manna). According to one, since the מן always looked the same but tasted like any food its eater wanted, the eater wouldn't fully enjoy it because he couldn't see the food he wanted to eat. Someone who can't see his food doesn't enjoy it as much as someone who can.

According to the other, since the מן fell daily and none could be leftover until the next day, the Israelites were in a constant state of worry that they wouldn't have food tomorrow. This was the "affliction" of the מן.



A מְדוּת Moment

The setup was perfect. At recess, Yitzi was doubled over tying his shoelace right in front of the biggest puddle you could imagine.

Avi smiled to himself. All it would take is a small push to play the funniest practical joke on Yitzi! Avi slowly snuck up behind his prey and...

Stopped.

Not by himself but by Rabbi Malkin who was on duty for recess.

"Don't even think about it, Avi," Rabbi Malkin said.

"The גמרא explains the verse, 'טוב מראיה עינים מהלך נפש' to mean that thinking about doing a sin is often more pleasurable than actually doing the sin. Haven't you ever looked forward to doing something all day and when you finally get to do it, it isn't as exciting as you imagined? It's the same thing with doing something wrong – it may be a lot of fun to think about, but in the end, it's not so much fun to do!"

Games

יומא דף ע"ד – Review Questions

1. What does the Torah actually tell us to do on יום כפור?

2. What food was also an "affliction"?

3. Name something you can do to make your meal more enjoyable.

Use the code to find ...
 The Torah's command to fast

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