



Toras Avigdor

Junior

Adapted from the teachings
of Rav Avigdor Miller z"l

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פרשת ראה

The Miraculous Cow Machine

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The Miraculous Cow Machine

In this week's parshah, the Torah tells us a few times about one of our favorite topics — eating tasty food.

Now, when we think of food in the Torah, we usually think about kashrus. And the truth is that eating kosher is very important. A special nation has to have a special diet, different than the rest of the world.

Really, kosher food is a tremendous honor given to us by Hashem. In a world of a few **billion** people, Hashem chose only us to be His people. And we're the only ones who have this honor of following a special royal diet.

But when we look at the pesukim about food in our parshah, we find something else as well. Not just kashrus; it's telling us something else completely.

Parshas Re'eh also tells us **how** we should be eating. Most of us think we already know how to eat. Our mothers trained us well — we don't use our fingers, and we chew with our mouths closed. And of course we don't talk with food in our mouths. But now we're going to study something else.


Our parshah introduces us to a very important way of eating. And that is **לְמַעַן תִּלְמַד לִירְאָה אֶת הַשֵּׁם אֱלֹהֶיךָ** — “In order to become more aware of Hashem.” Did you ever hear that before? That's a whole new way of eating! We can eat food in order to think about Hashem and to, in a certain way, “**see**” Him!

How do we do that? One of the most important ways is by thinking. Instead of daydreaming while you eat, try to spend a little time thinking about all of the miracles Hashem did to get you that food that you're chewing on right now.

The Gemara tells us that a slice of challah or a piece of meat is a bigger neis than the Am Yisroel saw at Kriyas Yam Suf. Really, there are trillions of miracles in food, and it would take millions of books to describe them all. And you don't have to be a scientist to know about them. Every boy and girl, if they would just take the time to think while they are eating, would recognize these miracles and become more and more aware of Hashem each time they ate a meal.

We'll take one example so you can get the idea. Let's say you're eating a piece of meat from the chulent. You know where meat comes from? (Don't cheat by looking at the picture.) Yes, that's right — from a cow.





A grown up cow weighs more than 2,000 pounds! That's a whole lot of meat! But when that cow was born, it weighed only about fifty pounds. So how did it get so big? By eating grass! The cow eats grass and turns it into meat!

Ever try doing that? If you could build a machine that turns grass into meat, you'd be a millionaire! It's impossible! But for Hashem, anything is possible! So when you're eating meat, you're really eating Hashem's miracles.

And it doesn't stop there. The cow doesn't just turn grass into meat. It's a whole factory! It makes leather, too! Leather shoes come from grass. Tefillin come from grass! And milk! And cheese!

Now, thinking about meat is just one example of how we can become more and more aware of Hashem every time we eat. The truth is that every type of food in the world is a miracle. An apple is just as miraculous as a cow! And a hard boiled egg or a cracker is the same. We just don't have space to talk about everything here.

But that's the great lesson that we learn from this week's parshah — that every day, as much as possible, we should use the food we eat to become more and more aware of Hashem.

Have a Wonderful Shabbos!

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