

[Tell a story](#)  
**Parsha and Haftara Va'etchanan**  
**by Julie Zhuk on 2023-07-29**

[Comments](#)

**Parsha Va'etchanan**

This week's Parsha is called: Va'etchanan. It's found in the fifth book of the Torah. This week's Torah Portion is all about Moses practically begging G-d to be let into the portion of the Holy Land. We know that, in the end, it never happens. He doesn't get to go. Instead, G-d instructs Moses to go up to the mountain and see the Promised Holy Land. In this week's Parsha, Moses continues his review of the Torah.

He describes the Exodus from Egypt to the Jewish people and the Giving of the Torah. Moses let them know this had never happened in history before. There were never a group of people that heard G-d speak before. No one has ever heard of a G-d like this before, either. Moses stood before this large group of Jews and predicted that in future generations, people would turn away from G-d and would be worshiping idols. They would be sent into exile away from their lands and scattered among their nations. It would only be after this that they would start going to seek after G-d. Then they would want to come back to Him and want to obey His commandments.

This week's Parsha has a repetition of the Ten Commandments that Jews follow and the verses of the Shema. These verses from the Shema declare the fundamentals of the Jewish faith itself. This includes the Jewish unity of G-d. It has the mitzva of loving G-d. Also, we are commanded to study G-d's Torah. We are also to bind "these words" as tefillin on our arms and heads. We are also to inscribe them in the mezuzah on the doorpost of our homes.

This Parsha mentions the prayer of Shema Yisrael, and it talks about moments of life in which we feel blessings coming from G-d shining upon us as well as the night; the moment of darkness and challenge are expressions of the One G-d. Judaism has a unique perspective. G-d has a truth that pervades all existence, and we, in turn, must create that oneness within our hearts, channeling the animal souls and immense passion toward the love of G-d.

**Haftara Va'etchanan**

This week's Haftara is about G-d bringing comfort to the Jewish people. They were doing with being in a period of exile. G-d is giving them a double blessing of comfort through the prophet of Isaiah. The Jews had made many mistakes, but through all of them, in the end, G-d has forgiven them. There were times when the Jews thought G-d would forget them or not forgive them, but G-d showed His true colors.

It was a hard seven weeks prior to this point. The Haftara is asking the Prophets to console the Jewish people. We are going to find the deepest part of G-d's essence in this week's Haftara .

It's in this Haftara that G-d is giving the Ten Commandments. The Ten Commandments were given by G-d, who stated that Mashiach was coming soon. This meant something special for the Jewish people they were soon going to experience something greater than what they saw at Mount Sinai. Following the devastation that befell the Jewish people, one would think to take things slow and see how much any Jew can take. We know how close Jewish people are close to G-d, even in times of exile and in the dark. The Jews know that G-d is one with them. The word *Nachamu* translates to comfort, and with that G-d is saying that Jews can handle a full measure of comfort with all of its intensity.