

**Tell a story**  
**Parsha Behar**  
**by Julie Zhuk on 2024-05-25**

This week's Parsha goes back to the mitzva of doing Shemita which happens on the Sabbatical year. G-d gave Moses the laws of Shemita standing on Mount Sinai. The first law is for the Jews to sow the land for six years, prune their vineyards, and gather their produce. To do all of this during the six-year period, but when the seventh year would come, the Jews were to take a break and stop. There would be no planting, sowing, or reaping. Yet, G-d would still help them. There would still be a connection between the Sabbatical year and Mount Sinai where this took place many years ago. The Parsha explains to us that for a farmer the Sabbatical year is like working six days out of the week and then having one day to rest being the seventh. Shabbat is much needed for everyone and everything. The soil needs time to rest and lie fallow for some time. After that, it will regenerate and then it will come back stronger in the future.

For the Jewish people, Shabbat is not just about physically taking a break. It's also about spiritually being able to connect with G-d and not think about our jobs. At the same time, the Sabbatical year allows Jews more time to be engaged in the physical world and different things.

This week's Parsha teaches us to always be humble, and modest, and stay true to our Jewish heritage. We should remember to observe our Torah traditions. It says in this week's Parsha to practice the lifestyle of King Yehoshafat. He once said the words, "And his heart was lifted up in the ways of G-d. This is found in the book of Chronicles 2 verse 17:6. Another point that this Parsha makes is the importance of Shemita is not so much a vacation from working the land. It was more for the Jews to focus on their relationships with G-d. They should continue their studying of the Torah and the many mitzvos that they were doing.