

Yisrael Apfel

**A Life of Simcha**

**Opening Questions to throw out for Class Discussion**

What does the word Simcha mean to you? When in your life would you say you have felt

**Part 1- Ngvøu"Ugg" y j cv"vjg"Vqtc.j"uc{u"cdqww"Uk o e j c<**

All these curses shall befall you; they shall

Think about the various prophecies in Tanach. Does it make sense that Yermeyahu should have been in a state of simcha when receiving the prophecies of the impending destruction of the Beis HaMikdash & Yerushalayim?

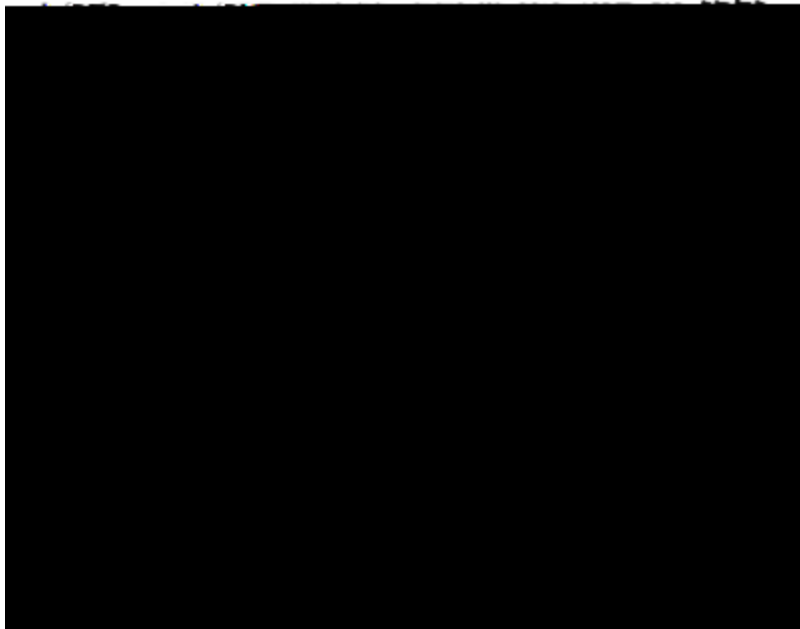
See how Yirmiyahu himself bemoans his own fate & task:

**Jeremiah 20:14**

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Ngvøu"gzrñqtg"vjg"fggrgt"ogcplpi"qh"Ukoejc<

Rav Moshe Wolfson " , Rosh Yeshiva of Torah VaDaas



1. How does Rav Wolfson define the word Simcha?

- Somech

3. How does he explain sadness?

connection between the word , happiness and , reliance. A person feels Simcha when they know they can rely on God & God is there with them. In this sense we can Mitzvos since we should always feel no matter the situation that God is there with us. We are not alone & God has our back whatever the situation is.

Sadness on the other hand means feeling abandoned. Not relying on God & not sensing His presence in the acts we are performing.

Ngvøu"ugg"jqy"Tø"Ucemu" fghkpgu"÷uk o e j cø<

*Studies in Spirituality*, (Koren, 2021), p. 258.

sense of purpose in life, especially by making positive contributions to the lives of others. Happiness is largely about how you feel in the present. Meaning is about how you judge your life

*Studies in Spirituality* (Koren, 2021), p. 12.