

As the days when the Jews rested from their enemies, and the month that was reversed for them from grief to joy and from mourning to a festive day-to make them days of feasting and joy, and sending portions one to another, and gifts to the poor.

Review the Purim story. Why is Purim a joyous day?

The word "simcha" is used twice in this verse. What is the context for each?

3. Rabbi Chaim Eliezer Shapira, Nimukei Orach Chaim 686

The mourning period of the month of Av is often associated with the joyous period of the month Adar, as the Gemara says, "Mishenichnat Adar Marbim B'Simcha, Mishenichnat Av Mimaatim B'Simcha." The month of Av should be greeted with lessened happiness because it is a month of mourning since that month includes the fast days of 17th of Tammuz and 9th of Av. The Rambam only includes half the statement of lessening happiness during the month of Av and does not include increasing .19 Tm01 rg0nclud fasth of Av s sif

According to Rabbi Shapira, why does the Rambam not include part of the phrase “*Mishenichnas Adar Marbim B'Simcha*” in his writings?

What does this source teach you about happiness?

4. Rabbi Menachem ben Solomon Meiri, Beis HaBechira, Taanit 29a

Happiness stems from gratitude. The statement of “*Mishenichnas Adar Marbim B'Simcha*” is a call to recognize all of the good that happened during Adar. We often turn to G-d during times that are difficult, but fail to thank HaShem during the good times.

According to the Meiri, what is the source of happiness?

How does gratitude lead to happiness?

6. Rabbi Lord Jonthan Sacks, Studies in Spirituality, p.12

Happiness is largely a matter of satisfying needs and wants. Meaning, by contrast, is about a 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 as a whole: past, present, and future.

How does the statement of Rabbi Sacks further develop the statement of the Rambam from source #5?

7. Megillat Esther 9:21-

