



South Head Youth Parasha Sheet



Parashat Bereishit

Parashat Bereishit takes us all the way back to the beginning of time when Hashem created the world 5775 years ago! Before Hashem created the world the world was completely empty. There were no children, trees, birds or animals. Then Hashem decided to create the world. He created the entire world in just six days and then rested on the seventh. But Hashem did not create the world for Himself. Hashem is absolute perfection and has no need for anything, even creation. When He created the world he performed an act of true love and selflessness. He created the world for mankind. He created it in a manner that the world should look billions of years old. He did this so that Adam and Eve could be born into a complete world.



On the first day Hashem created light. He called out, 'let there be light' and suddenly there was light. In addition to the light Hashem also created darkness on Day 1. On the second day Hashem created the heavens and every body of water including the oceans, rivers and the seas. On the third day Hashem created the land and all plant life. Hashem told all of the water to gather in one place to form an ocean. As soon as the waters joined, the land became visible. On the land Hashem created the beautiful grass, flowers and trees. On the fourth day Hashem created the sun, moon, stars and the planets. Initially Hashem created both the sun and the moon the same size. The sun was to provide light during the day while the moon was to light up the night. The moon was not very happy to be the same size as the sun. So the moon suggested to Hashem that He make one of the luminaries smaller than the other. Hashem told the moon that since he had made the suggestion he would be the one that was made smaller. The moon was very upset about this and so Hashem cheered him up by giving him a gift. Hashem gave the moon the stars to light up the world with him at night. Once there was light, seas, land and vegetation in the world it was time for some birds and fish. So on the fifth day Hashem created all the living things that we see in the water including ducks, fish, whales and sharks. He also made all living things that have wings. He created colourful butterflies, birds that chirp, roosters that crow, mosquitoes that bite and all the other flying living things that you can think of. But the world was still incomplete! So on Day 6 Hashem created the animals. Lions that roar, horses that neigh, sheep that baa, cows that moo, dogs that bark and all other animals that you can think of were created on the sixth day of creation. However, the world was still incomplete! It was missing one thing - you and me! So on the sixth day, towards the end of the day, Hashem created the first man, Adam.

Adam was created from the dust of the ground. Adam's body was completely still and lifeless so Hashem gave Adam a soul,



his Neshama, by blowing it into his nostrils. Hashem gave the first man the name Adam because Adam was created from the dust of the ground and the Hebrew word ground is 'Adamah'.

Adam had the most beautiful world to live in. There were fruit, vegetables, trees, oceans, land and animals, but Adam was not happy. He felt all alone. Hashem had asked Adam to name all of the animals and in doing so he saw that all the animals had partners yet he did not. Hashem then decided that it's not good for man to live alone and so He made Adam a wife named Eve.



Hashem placed Adam in a deep sleep and removed one of Adam's ribs. It was from this rib that Eve was created. Now the world was complete. It was perfect - exactly how Hashem wanted it.

And so Hashem rested on the seventh day. Like Hashem, we too rest on the seventh day of the week. Our mums and dads work all week and we go to school all week, but on Shabbat it is time for all of us to rest. The girls in the house light the Shabbat candles to welcome the Shabbat. We all go to Shule and say special prayers. When we return home from Shule we are accompanied by two angels and so we sing Shalom Aleichem to welcome them into our home. The father of the house makes Kiddush, we eat Challah and the delicious festive meal that our mums have created especially for Shabbat. Shabbat however, does not end on Friday night. It continues all the way through to Saturday night. So we continue to celebrate Shabbat on Shabbat morning by once again going to Shule, saying special Shabbat prayers and eating a festive meal. Shabbat is a holy time of the week where we are supposed to spend time with our family and rest from all the hard work that we perform during the week.

When Hashem created Adam and Eve there were no other human beings in the world. Adam and Eve could roam the world. Hashem placed them in the Garden of Eden where they would live forever, if they could obey one simple commandment. In the Garden of Eden was a special tree called the Tree of Knowledge. Hashem asked Adam and Eve to do one simple thing - to not eat from the Tree of Knowledge. This tree distinguished between good and bad. Currently, there was only goodness in the world. If Adam and Eve were able to refrain from eating from the tree they would be able to live forever! Adam and Eve listened to Hashem until the sneaky snake came along and tricked them into eating the fruit from the Tree of Knowledge. It was Eve who first took a bite of the fruit and then gave it to Adam to take a bite as well. Hashem was very upset with Adam and Eve. He had forbade them from doing just one simple thing yet they had done it anyway.



The reason why Adam and Eve sinned by eating from the Tree of Knowledge is because Hashem had told Adam that he and Eve may not eat from the tree. However, when Adam passed on the message to Eve, he also told Eve that they were not permitted to touch the tree. When the sly snake approached Eve he

asked her if Hashem had forbade them from eating all the fruit in garden to which Eve replied only the Tree of Knowledge. She also told him that Hashem forbade them from touching the tree. The sly snake immediately pushed Eve into the tree and said to her, 'see you just touched the tree and nothing happened to you'. Eve became quite curious. Adam had told her that they would be punished if they ate from or even touched the tree, but nothing happened to her. So she thought that Adam possibly did not tell her the truth. As a result she decided to eat from the tree. Eve took a bite of the fruit and then gave Adam some fruit to eat. As soon as they did this bad entered the world. The innocent world filled with only goodness was now gone. Adam and Eve now had a Yetzer Hara, an evil inclination in their bodies. They immediately realized they did something wrong. They also suddenly realized that they were not clothed and so they immediately covered their bare bodies with fig leaves. Hashem then called out to Adam and Eve, 'where are you?' Of course Hashem knew exactly where Adam and Eve were hiding, yet He called out to them to see whether they would immediately admit their mistake and do Teshuva. But they didn't. Instead they each blamed each other for their sins.

Hashem punished Adam, Eve and the snake for their actions. Hashem banished Adam and Eve from the Garden of Eden. He placed two angels with flaming swords at the entrance to block Adam and Eve from re-entering. While in the Garden of Eden, Adam and Eve did not have to work for food. However, now that they were banished from The Garden of Eden Hashem told them that they would have to work hard to find their food. Hashem also took away the eternal life of Adam, Eve and the snake. Eve was also punished with childbirth pains. The snake was punished too. The snake originally had arms and legs, but after this episode Hashem took them away and left the snake to fend for itself by slithering on the ground. The snake was also supposed to be greater than all other animals but now it was punished to be the lowest of all animals. The snake's punishment went even further to make all food eaten by the snake to taste like the dust of the ground. Furthermore, man would have a natural hatred towards the snake.



Following this unfortunate episode, Adam and Eve gave birth to two boys, Kayin and Abel and a few daughters. This was the only Mitzvah that Hashem had commanded Adam and Eve to keep - the mitzvah of having children. As it says in the Torah, 'be fruitful and multiply, and fill the earth and conquer it'. One day Kayin and Abel decided to offer a sacrifice to Hashem. Hashem only accepted Abel's gift because Abel's sacrifice to Hashem consisted of the best of his sheep, while Kayin's sacrifice only consisted of his leftover crop. When Kayin saw that Hashem did not accept his sacrifice he became very upset and decided to kill Abel. Hashem wasn't very happy with Kayin. Not only did Kayin killed his brother but he also killed all the descendants that would have come from Abel. When Hashem came to Kayin to ask him where Abel was, Kayin realised the gravity of his sin. His immediate response to Hashem was, 'am I my brother's keeper?' As a punishment for his

actions Kayin was punished as a wanderer of the earth. He was not able to settle anywhere. Everywhere he went he was terrorized. Kayin immediately realized the gravity of his sin. He did Teshuva and Hashem forgave him. Hashem placed a sign on Kayin's forehead so that future generations would know to keep away from him and know not to hurt him. Later on Adam and Eve had another son named Sheis. Sheis married and had children who had their own children who in turn had their children, creating a lineage of descendants. In the tenth generation of Sheis's descendants a special man was born. His name was Noah.

Hashem created a very beautiful world for man to live in. However, He did not create a beautiful world simply so we, human beings can relax. Rather Hashem has given each and every one of us a mission to accomplish. Hashem could have made a completely healthy world - one in which absolutely nothing can go wrong. But He did not because He wants us to make the world right. Each time we do a Mitzvah we bring spiritual light into the world and make the world a holier place and a more complete place filled with Hashem's Torah and Mitzvot. Hashem desires for each of us to make this world a holier place. And the way to do this is to live as Jews! We need to continuously do acts of goodness and perform Mitzvot in order that we can replace the darkness in this world with goodness. Every time you are nice to your friend, every time you kiss the Mezuzah or make a Bracha on your food, you are bringing spiritual light into this world and you are making the world a better place for yourself, Hashem and everyone else!

Mission: Bring spiritual light into the world by doing one or more of the following:

1. Make a Bracha on your food,
2. Kiss the Mezuzah,
3. Be kind to your friends,
4. Listen to your parents!
5. #Keepingittogether with the Shabbat Project next Shabbat, Parashat Noach, 24-25th October!

It was great seeing you in Shule!

***We hope you enjoy reading this Parasha Sheet and quizzing your family!
Shabbat Shalom from Brookie and the South Head Youth Crew***