



Young Israel of Bal Harbour The Dose

Tuesday, December 9, Kislev 17, 5775

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Why are people so fascinated with sports that they are willing to spend so much time and money in just watching the event. Rav Nosson Watchtfogel, who was one of the great Rabbis of the 20th century, explained it as follows. Most of sports is really a game of war – two teams opposing each other, each one fighting to be victorious. The true battlefield of life is the battle of the Yetzer Tov against the Yetzer Hora (Good inclination against Evil inclination). Because man has war in his nature, he derives enormous pleasure from seeing people engaged in their true role, which is to be a fighter. Man's nature is based upon his ability to fight – but he has the privilege to choose which battlefield to fight on and where to invest his fighting energies. Said the great Rabbi, "Those who opt to wage war against their Yetzer Hora, which is the real battle of life, will be spared from other battles that life brings."

*Sefer: Aleinu L'shabeach
Rav Yitzchak Zilberstein*

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein