

OLAMI MENTORSHIP

SEASON 3



SESSION 4: YETZIAT MITZRAYIM

The Lessons of Exodus

Dear Mentor and Mentee,

Congratulations on starting season three of mentorship!

It is both humbling and thrilling at the same time, that the two of you have found value in getting to know one another, and that you continue to benefit from your regular meetings. In conjunction with Sinai50, we are pleased to present you with amazing resources for season three.

We are grateful to Rabbi Raphael Butler; the mastermind of Sinai50; an initiative that is ensuring that Jews around the world have an opportunity to reclaim Torah wisdom and knowledge, and make it their own. The great news is that these resources are but a small component of the 50 sessions that Rabbi Butler and Sinai50 have curated. We would be thrilled to provide additional resources when you have completed these initial sessions.

You know, when you purchase a new car, typically there is an owner's manual in the glove compartment. If you are a savvy and responsible automobile owner, you will take the time to familiarize yourself with the content of the manual to ensure maximum output and productivity for your new vehicle.

And while an owner's manual for a new car is imperative in getting to understand the complexities of your ride, isn't life not infinitely more complex than a four-wheeled machine? If so, shouldn't life come with an owner's manual for life?!

The good news is that it 'does'. The manual is called the Torah, and through its retelling of our history, its many directives for moral living, and our studying and following the Torah, we can ensure optimal performance and elevated living.

In this season, through Sinai50, we endeavor to provide you with a "top 10" list of the Torah's wisdom for living, in an effort to share the beauty and richness of the Torah's narratives and experiences.

You will have an opportunity to examine the age-old issue of anti-Semitism from the conflict of Jacob and Esau, analyze dealing with trials - and then triumph - from Abraham, understand our unique mission as Jews, and so much more!

Mentorship that includes Torah wisdom and inspiration is taking mentorship to a whole new level, as studying and analyzing Torah together connects the soul of two Jews.

It is our hope that through this journey of practical Torah wisdom, the two of you will continue to thrive alongside one another and further enhance the special relationship that you have begun.

We are honored to provide personal guidance or assistance if necessary. Please do not hesitate to reach out to us directly. To reach the Director of Community Mentorship, Rabbi Shlomo Landau, please call 908.770.0056 or email slandau@olami.org. To reach the Associate Director of Community Mentorship, Jordana Baruchov, please call 973.370.0414 or email jbarucho@olami.org.

Wishing you the best of luck on this journey! The OLM Team

YETZIAT MITZRAYIM: THE LESSONS OF EXODUS

Every morning and evening, Jews globally delve into a narrative pivotal to their identity - the Exodus from Egypt. While it's an integral part of Jewish history, it's more than just a recounting of past events. Through the mandate of *zechirat yetziat Mitzrayim*—remembering the Exodus from Egypt, this story is seamlessly woven into the fabric of their daily consciousness, serving as an ever-present reminder of God's omnipresence, His divine interventions, and the values that define the Jews as a people.

Incorporated into the Shema prayer, the Exodus doesn't merely reflect on God's power but connects the past to the present. It evokes the realization that the force behind the universe's creation is the same that liberated the Israelites from Egypt. But this story doesn't stop at liberation. It serves as an ethical compass, emphasizing kindness, justice, and compassion. A simple look at the post-liberation commandment regarding the treatment of servants reveals the importance of upholding these values.

Moreover, this narrative solidifies the bond between Jews and the Land of Israel - Eretz Yisrael. It chronicles not just an escape but a journey towards a promised future. This anchoring to our homeland establishes an enduring link between past, present, and future.



Every morning and evening, Jews globally delve into a narrative pivotal to their identity - the Exodus from Egypt.

The Exodus is also a beacon of hope. Beyond its miracles, it's a testament to human spirit, resilience, and the promise of redemption. It's an event that radiates optimism, illustrating that adversities can be overcome, and a brighter horizon is always within reach. More than a shared memory, the Exodus binds Jews across the globe, uniting them through a collective heritage and a shared vision for the future.

Lastly, it's a chronicle of miracles. The daily remembrance of these wonders nurtures gratitude, making individuals more receptive to everyday miracles. In essence, *zechirat yetziat Mitzrayim* is a testament to the Jewish identity and the values it embodies, ensuring the past's illuminating lessons continue to shape the present and inspire the future.



The Exodus is also a beacon of hope. Beyond its miracles, it's a testament to human spirit, resilience, and the promise of redemption

RELEVANCE TO OUR LIVES:

ACKNOWLEDGMENT OF GOD'S SUPREME POWER:

The Exodus is a canvas of divine wonders. It underscores God's unparalleled might, and through daily reflection, we honor His ever-active role, acknowledging the miracles that continue to punctuate our lives.

FAITH IN GOD'S ENDURING GUIDANCE:

Beyond being a historical account, the Exodus reaffirms God's enduring promise. The belief that His protective and guiding presence remains unwavering, offers reassurance and fortifies our faith, grounding us in the certainty of His eternal plan.

DAILY GRATITUDE AND MINDFUL REFLECTION:

Amidst the chaos of daily life, remembering the Exodus grounds us. It fosters gratitude, ensuring we recognize and appreciate the miracles that punctuate our existence, while also serving as a mindful pause, connecting us with the profound.

PERSONAL LIBERATION AND NATIONAL TRANSFORMATION:

The Exodus is an evolution of a nation. From physical chains to freedom, the Israelites' transformative journey serves as a poignant reminder. Today, it urges us to confront our challenges, inspiring us to evolve, grow, and realize our fullest potential.



Daily Gratitude and Mindful Reflection: Amidst the chaos of daily life, remembering the Exodus grounds us. It fosters gratitude, ensuring we recognize and appreciate the miracles that punctuate our existence, while also serving as a mindful pause, connecting us with the profound.

LESSONS LEARNED:

UNWAVERING FAITH:

The Israelites' journey from Egypt to Mount Sinai, amidst challenges, showcased the power of unwavering faith in God. Despite being in the depths of despair in Egypt, the belief in a brighter future and trust in God's promises kept them hopeful.

GOD'S CONSTANT PRESENCE:

No matter how dire the situation, God's presence is continuous. The Exodus serves as a timeless reminder that God is always with us, watching over and guiding our steps, even when His presence might seem hidden.

POTENTIAL FOR TRANSFORMATION:

The rapid transition of the Israelites from slaves to a free nation stands testament to the human potential for growth and transformation, especially when guided by divine providence.

PERSONAL RESPONSIBILITY:

Just as the Israelites had to take bold actions (like marking their doorposts with lamb's blood) to actualize God's protection during the final plague, we too have a role to play in our own redemption and growth. Passive faith isn't enough; it must be coupled with proactive responsibility.



Potential for Transformation:

The rapid transition of the Israelites from slaves to a free nation stands testament to the human potential for growth and transformation, especially when guided by divine providence.

POINTS TO PONDER

HOW DO THE LESSONS FROM THE EXODUS

apply to my personal challenges today?

IN WHAT AREAS OF MY LIFE

can I exercise more faith and trust in God, akin to the trust the Israelites showed during the Exodus?

HOW CAN I ACTIVELY RECOGNIZE AND APPRECIATE

God's continuous presence and guidance in my daily life?

IN WHICH WAYS AM I, OR CAN I BE,

proactive in my personal growth and transformation, drawing inspiration from the Israelites' journey from bondage to freedom?

THE EXODUS STORY EMPHASIZES

both divine intervention and human action. How can I better balance my reliance on God with taking personal responsibility in my life?



Potential for Transformation:

The rapid transition of the Israelites from slaves to a free nation stands testament to the human potential for growth and transformation, especially when guided by divine providence.

SINAI 50

50 VITAL JEWISH TEXTS THAT EVERY JEW SHOULD KNOW

This Sinai50 volume is dedicated in honor of

STANLEY Z" L AND RAINE SILVERSTEIN

SINAI50

The Sinai50 Project comprises a collection of 50 vital Jewish texts that every Jew should know and that are of immense significance for our daily lives. These texts have been carefully selected to provide clarity and understanding to all those who read them. With the texts being made accessible both online and offline, this project ensures that these invaluable resources are readily available to Jews worldwide, fostering a deeper connection to their heritage and offering relevant insights for navigating everyday challenges.

In cooperation with

THE AFIKIM FOUNDATION
AFIKIM

111 John Street, Suite 1720 New York, NY 10038
info@afikimfoundation.org

OLAMI MENTORSHIP