



DKJA

Parshat Metzora

Leviticus 14:1 - 15:33

The purpose of physical health laws was to safeguard the health of the people, and to help develop the attitude of respect for the holiness of the sanctuary.

It should be a source of proper pride for us to know that 3,500 years ago, the Torah recognized the fact that there were contagious diseases, and provided for the quarantine of persons suffering from such diseases, thereby, protecting the health of the people.

In including such laws, the Torah also wished to teach us that we must take care of our health, since so much depends on that.

A person, who is well, can work better, study better, and do things for himself and others.

Judaism stresses a healthy mind and kind heart in a healthy body.

Food for thought:

1. Why was hygiene made part of the religious practices of Judaism?
2. When we put chemicals into our body, are we violating the Torah's teachings?

Shabbat Shalom!
Candle lighting time is 7:26 pm