



# Daf HaYomi B'Halacha

**הזכות של הדין: שכן תהיה תורה**

**מיוחדים**

הזכות של הדין: שכן תהיה תורה. זהו הדף היומי בהלכה, המספק ללומדי תורה את כל מה שצריך לדעת על ההלכה היומית. הדף מפרש את הלכות הדין, ומוסיף דיונים מעמיקים על נושאים הלכתיים. הדף מיועד ללומדי תורה בכל רמות הידע, וכולל גם מידע על אירועים ומועדים.

**YOU can have the Zechus of  
TENS OF THOUSANDS of people  
Learning DAF HAYOMI B'HALACHA**

To sponsor the daily email to tens of thousands of people,  
Please call 732-987-3948 x 105 or email [ag@dirshunj.org](mailto:ag@dirshunj.org)

**SPONSORSHIPS**

**\$60.00 / day**

**\$120.00 / 3 days**

**\$180.00 / week**

**Today's**

**LIMUD**

**Hilchos Tefila 89 (page 240)**  
מסעיף ה עד סעיף ח

## Today's TOPICS

**Studying Torah before Davening**  
**Eating in the Middle of the Night**  
**Showering before Davening**



### Studying Torah davening

According to some *poskim*, once the horizon lights up it is forbidden for someone who typically *davens* alone to commence learning Torah at home or in a shul that will not have a *minyan*. It is possible that he will get involved in his studies and neglect *davening*. Other *poskim* hold that this rule goes into effect only close to sunrise, the prime time for *davening*. A person in this situation is permitted to start learning if he appoints someone to remind him about

*davening*. It is permissible to learn before *davening Ma'ariv*.

(סעיף ו וס"ק ל, לב וילד; ביאורים ומוספים דרשו, 39 ו-41)



### Eating in the middle of the night

It is forbidden to start a meal (i.e. bread or cake larger than an egg or intoxicating drinks) from a half an hour before dawn until one dons *tefillin*, recites *Shema* and *davens Shemoneh Esrei*. A meal started earlier than that may be continued until *alos*. It is likely that a meal which started during the forbidden time must be stopped before *alos*. According to the Zohar, once a person has slept at

night he should not eat unless he needs the energy for *davening* or learning.

(סעיף ה, ס"ק כז-כט, וביה"ל ד"ה צריך וד"ה ויש; ביאורים ומוספים דרשו, 35, 36 ו-38)



## Showering before *davening*

After *alos*, it is forbidden to enter a bathhouse to bathe until one has *davened*. Many contemporary *poskim* include modern showers in the prohibition. According to some, showering is permitted only in preparation for *tevila* in a *mikva*. Other *poskim* do not link showering with the *mikva*, but they forbid the use of soap. A third opinion permits bathing only in the case of someone who would find it difficult to *daven* without bathing first, while a fourth

opinion permits only washing the face, hands and feet (though other parts of the body may be washed - even with soap - in cases when doing so is necessary).

(סעיף ז' וס"ק לו; ביאורים ומוספים דרשו, 42)

### Yesterday's HIGHLIGHTS

- It is generally forbidden to eat before *davening*. The famished and infirm may eat before *davening*, as can those who are eating for health or taking medications (including vitamins).
- It is forbidden to drink before *davening*. It is permissible to drink water or coffee /tea, but according to the early *poskim*, one should not add milk or sugar. Later *poskim* permitted using milk and sugar, since it is difficult for us to tolerate these drinks without them.
- Traveling before *davening* *Shacharis*, *Mincha* or *Ma'ariv* is forbidden because it is wrong to get involved in one's own needs before *davening*. Travel also has the potential to overwhelm people and cause them to neglect *davening*.

### Tomorrow's TOPICS

- *Davening* early versus *davening* in transit while seated
- The earliest times for the parts of *davening*
- Standing on a raised area

לקבלת המייל בלשון קודש, נא ליצור קשר עם דרשו: [dirshu@dirshu.co.il](mailto:dirshu@dirshu.co.il)

Important Note: The halachic summaries are to assist you with your learning.  
Before implementing halacha in practice, please refer directly to the Mishna Brura and Mussaf Dirshu.

### [Forward email](#)



This email was sent to [mc@dirshunj.org](mailto:mc@dirshunj.org) by [mc@dirshunj.org](mailto:mc@dirshunj.org) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Dirshu International, Inc. | 212 Second St | Suite 404B | Lakewood | NJ | 08701