

Based on the teachings of
Rabbi Avigdor Miller

GIFTS from HASHEM

ARRANGED FOR DAILY STUDY
WITH A "THOUGHT FOR THE DAY"



Adapted from *Speak in All His Wonders*
by Rabbi Moshe Goldberger

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Foreword

“How does one attain love and fear of Hashem? By studying and observing Hashem’s creations.”

— Rambam, *Yesodai HaTorah* 2:2

Rabbi Avigdor Miller, zt”l, illustrated the importance of realizing the value of the gifts that Hashem has bestowed upon us through the following parable:

Imagine getting a telephone call from the previous owner of your home, who informs you that many years ago, when he lived in your home, he buried a treasure in the basement. Now he is nearing the end of his life and he would like you to have it. All of a sudden you are wealthy! But, in actuality, you were wealthy all along. All you lacked was the knowledge that you owned valuable possessions. It is important to study the unique gifts that Hashem has blessed us with to understand the extent of our wealth.

If you merely browse through these pages, you will not gain the desired effect. Rather, you should pretend that this is a financial report, or your rich uncle’s will in which he left you a fortune. Concentrate while studying this report. Consider each item a number of times with deep interest. Tell yourself, “This

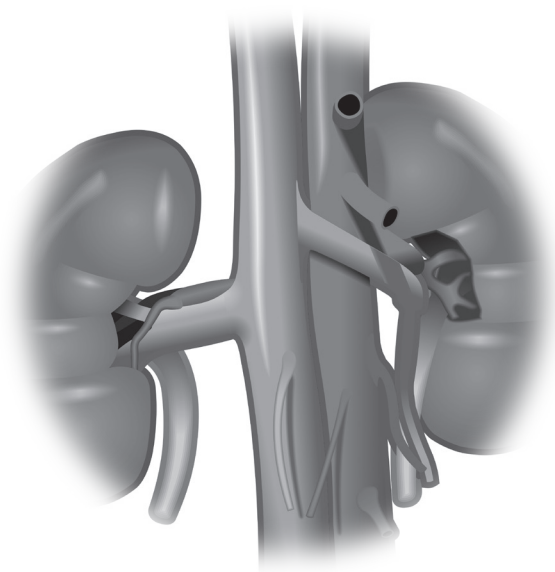
is amazing and awe-inspiring, and I will therefore sing praise to the Great Designer all the days of my life!”

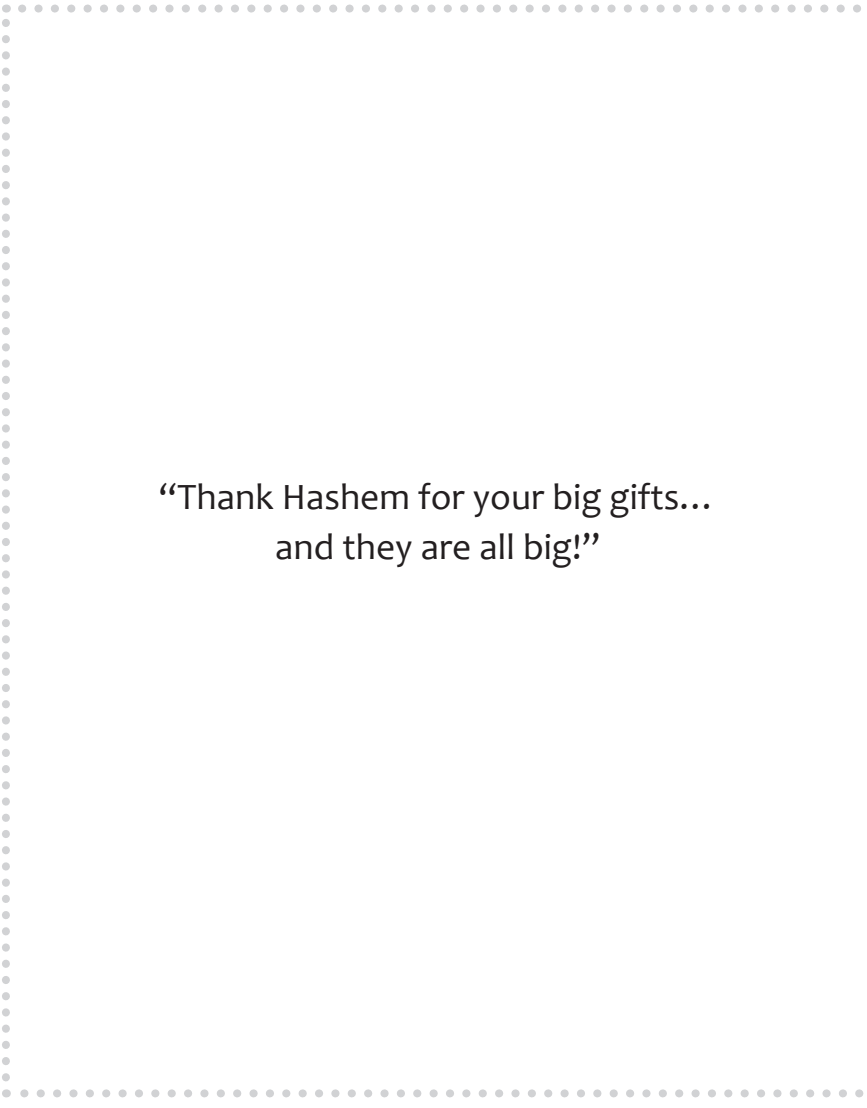
- Read slowly.
- Review many times.
- Study the actual items with amazement.
- Read a small amount at a time.
- Think it over in your own words and try to add to it from your own understanding.
- Ask Hashem for assistance in viewing His works.
- Share these insights with others.

SHAAR II

THE BODY

IS A GIFT FROM HASHEM

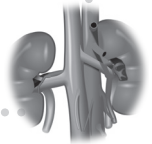




“Thank Hashem for your big gifts...
and they are all big!”

Kidneys Are a Gift from Hashem

- The Gemara (*Brachos* 61a) defines the role of various organs in the body: “The sages taught: The kidneys advise, the heart understands, the tongue articulates, the mouth [lips] completes the speech process, the esophagus transports all types of food...” First on the list are the kidneys. They are described as giving counsel. Rashi explains they give counsel to the heart. They instruct and the heart understands and chooses to either agree or disagree. The Gemara (*ibid.*) also teaches the need for two kidneys: One offers positive advice and the other offers negative advice.
- How do we know that the kidneys provide counsel? David Hamelech explains, “I will bless Hashem Who has advised me, even at night my kidneys instruct me” (*Tehilim* 16:7).



THOUGHT FOR TODAY:

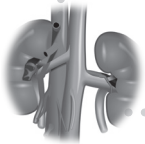
One of the explanations of how the kidneys instruct us:

Why did Hashem create our blood with the need to be filtered, and then give us miraculous kidneys to perform that function? He could have provided us with blood that always stays clean and pure. The answer is that Hashem is teaching us the purpose of life — to think and choose, to filter our actions, to “turn away from evil and do what is good”!



Bones Are a Gift from Hashem

- Bones are the frame of the body. Without them we would collapse like a blob of jelly. We could not walk, talk, sit, or move.
- Joints: Man cannot fully reproduce the efficiency of the ball and socket of the thigh, which allows a full range of motion, the ability to twist and turn effortlessly.
- If we would analyze the task of every bone, we would discover how its design is perfectly suited to its function. We have to thank Hashem for each bone of the body (a total of at least 248) and for their multiple functions!
- The bones at the bottom of the foot — thirty bones at our disposal — each serve a unique purpose in affording us maneuverability unequalled in machines. Picture the positioning of the foot as it climbs stairs, adjusting to each new angle, balancing the weight of the body just so, maintaining a grip so as not to slip.



THOUGHT FOR TODAY:

Every bone in our body was positioned by Hashem with a specific plan and purpose to help save us and protect us.

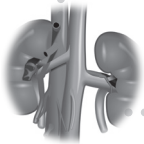


Knees Are a Gift from Hashem

- Knees were intended by Hashem for bending in servitude to Him (as we do four times during the Shemonah Esrai prayer). In Nishmas it says, “Every knee will bow to You...”
- They also make it more comfortable for us to sit down (as anyone who has had the misfortune to need a cast on his leg knows).
- The feet are always ready to go without any preliminary preparations. They adapt to indoors and outdoors, and they are even amphibious. We never need to look for a place to park them, for they fold conveniently under us until the next time they are needed.
- They have a universal design that adjusts to all angles of ramps and stairs.

THOUGHT FOR TODAY:

Feetcars are much better than streetcars! One of the purposes of knee replacement surgery is to remind us to thank Hashem for when our knees are working well. Thank Hashem for your knees!

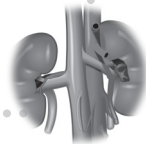


The Spine Is a Gift from Hashem

- The eighteen bones of the spine correspond to the eighteen (original) *brachos* (blessings) of Shemonah Esrai (*Brachos* 28b).
- We are blessed with the ability to stand upright (and the flexibility to bend the spine and the neck) so that we can bow down to serve Hashem! The text of Nishmas continues, “Every upright creature will bow to You.”
- Just as bones uphold and give strength to the body, without which the body would collapse, so too Hashem has provided us with *mitzvos* which uphold our spiritual essence.
- Even if only one bone is broken, a person may suffer extensively or even be crippled (G-d forbid); so too if a person is lacking even one *mitzva*, his soul can be crippled.

THOUGHT FOR TODAY:

The word for bone is etzem. The word for tree is aitz. The word for advice is aitzah. The common denominator is they are all structures for our growth!



Hands Are a Gift from Hashem

- Hands are unique machinery — extremely sophisticated and versatile, indispensable, and constantly in use. They can be moved, maneuvered, and made to change direction. They are so complex, a combination of hinges and levers that they require thirty bones each — about one-quarter of all the bones in the body — to perform the myriad of tasks that Hashem created them for. They work effectively and swiftly, rarely tiring.
- It is estimated that a person uses his hands at least twenty-five million times throughout his life.
- We use our hands for the fine skill of writing. The coordination necessary to achieve this task is phenomenal, involving both gross and fine motor coordination of the bones, muscles, tendons, and nerves.
- Hands are efficient for many other types of precision work — surgery, watchmaking, diamond cutting, typing...
- Although they are small, hands are power packed. They can be used for a show of strength when made into a fist, and, when properly trained, as in karate, they can be lethal

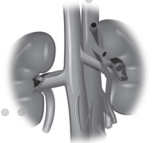


weapons. The strength of a person's grip is between fifty and one hundred pounds.

- These very same delicate tools also serve as more mundane utensils. They can be used as a chin rest, or a scoop, or an eating utensil. They can also serve as a repository for adornments, such as when rings or bracelets are placed upon them. These, too, were all uses that Hashem intended when He designed hands.

THOUGHT FOR TODAY:

Each hand is called yad, which has a gematria of fourteen. Two hands together have the strength of koach, which has a gematria of twenty-eight.

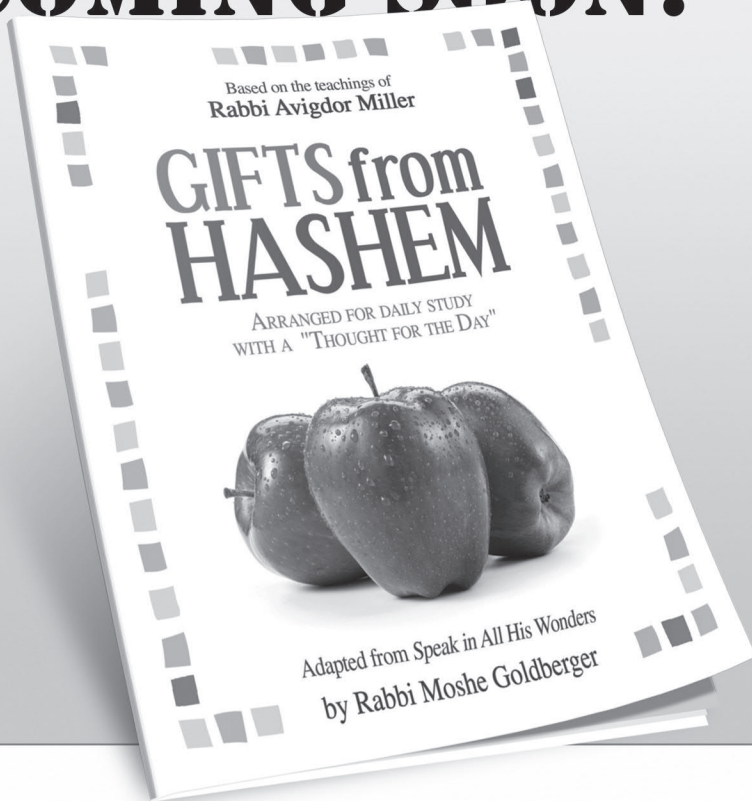


COMING SOON...



The Gifts From Hashem
MORNING BRACHOS

COMING SOON!

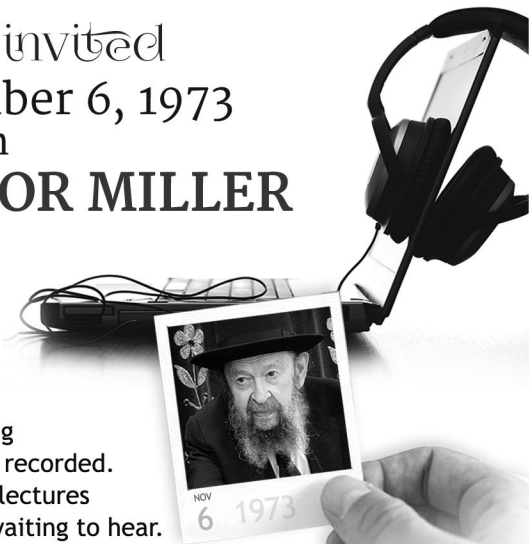


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