

PIRCHEI SHOSHANIM SHULCHAN ARUCH LEARNING PROGRAM

# Orach Chaim

## Shiur 1

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# LAWS REGARDING A PERSON'S BEHAVIOR IN THE MORNING

## *RISING IN THE MORNING*

**1 One should strengthen himself like a lion to get up in the morning 1) for the service of his Creator. He should rise early enough to awaken the 2) daybreak.**

*RAMA: In any event, one should not arise too late to pray 3) with the assembly [minyan] (Tur).*

## **Shiur 1: Issues To Be Discussed**

1. Why and how must one strengthen himself to serve Hashem?
2. Is there a preferred way for a person to serve his Creator?
3. Why is it important to be quick and alert to perform Hashem's Commandments?
4. Is one required to go to sleep earlier to be able to awaken the daybreak?
5. How much sleep is one allowed each evening?
6. Upon waking up in the morning, if one does not desire to sleep again, what is the very first thing one must do?
7. Why must one be very careful to wash hands upon awakening?
8. Upon awakening is one permitted to walk 4 cubits before washing hands?
9. What should one do if the water is more than four cubits away and here is no one available to move it closer?
10. Do the laws of washing one's hands upon awakening in the morning also apply if one sleeps during the day?

## LAWS REGARDING A PERSON'S BEHAVIOR IN THE MORNING

### Strengthen Himself Like A Lion – Source<sup>1</sup>

The *Mishnah* in *Avos 5:23*, cites *Yehudah ben Taima*, who says: "One should be as brave as a leopard, light as an eagle, run like a gazelle, and as strong as a lion, to perform the will of your Father in Heaven."

### Strengthen Himself Like A Lion – Meaning

The *Tur* explains<sup>2</sup> that the phrase **strengthen himself like a lion**, refer to the heart because the strength in service of Hashem is in the heart. Therefore, one must strengthen his heart in this service, similar to a strong person who strengthens himself to defeat his enemies, as the Evil inclination constantly wages war against him.

## 1) For the Service of His Creator

This is so because man was created for the purpose of serving his creator as the Pasuk states<sup>3</sup>

“EVERYTHING THAT IS CALLED BY MY NAME AND I CREATED FOR MY  
GLORY, ETC.”

During the different seasons, the Evil inclination may counsel him to stay in bed. In the winter because it is too cold, in the summer because he has not slept enough. Regardless, he should be firm and not listen to the Evil inclination since had he been required to serve a king of flesh and blood he would be careful and diligent to serve him. Surely, when serving the King of Kings, Hashem.

- 1) *Is there a specific preferred way for a person to serve his Creator?*
- 2) *How does one know how he\she should serve Hashem?*

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<sup>1</sup> *Biur Hagra, Siman 1, Se'if Katan 1.*

<sup>2</sup> *Orach Chaim, Siman 1.*

<sup>3</sup> *Yeshaya 43:7*

### **Michtav M'Eliyahu<sup>4</sup>**

Rav Dessler explains that just as no [two person's] faces are identical, similarly, their knowledge is not identical. Every person has a particular role in revealing Hashem in this world, and according to this the person's main dimension [of service to Hashem] is fixed.

The *Ramchal*<sup>5</sup> expounds, that Hashem's distribution to each person of his soul which defines that person's mission in serving Hashem, is something that no Prophet has even comprehended, as it is part of the decree of Heaven. Surely, each person must struggle to develop his/her own unique way to serve Hashem.

## **2) To Awaken the Daybreak**

According to the *Taz*<sup>6</sup> the intent of this statement is to point out that one should be quick and alert to perform Hashem's commandments as there is no comparison between one who needs to be aroused by others and one who awakens himself to perform Hashem's commandments. In addition, by rousing himself, he causes an awakening in Heaven which assists him in servicing Hashem.

### **The Custom Today**

Nowadays, since the custom of many is to go to sleep later in the evening, one is not required to change his custom even though he will be unable to awaken the daybreak.<sup>7</sup> The amount of sleep one is allowed and whether an individual should arise at daybreak depends on the true needs of each individual provided it is to serve Hashem. There are those who can service Hashem (i.e. study Torah) on less sleep, while others require more sleep.<sup>8</sup>

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<sup>4</sup> *Michtav M'Eliyahu' Volume 5, Page 214.*

<sup>5</sup> *Sefer D'aas Tevunos, Siman 168, Page 189.*

<sup>6</sup> *Taz, Siman 1, Se'if Katan 2.*

<sup>7</sup> *Mishmeres Shalom, Siman 1, Se'if Katan 1.*

<sup>8</sup> *Taz, Aven Ha'ezer Siman 25, Se'if Katan 1; Ashel Avraham, Orach Chaim Siman 1.*

## What To Do When You Wake Up

The *Mishneh Berurah* states <sup>9</sup> that upon waking up in the morning, if one does not desire to sleep again, before going down from bed or beginning any other activity, and even before washing one's hands, one thanks Hashem for returning his\her *Neshama*, soul, by reciting:

*“Modah Ani Lifanehcha Melech Chai V'kayam, Shehechezartah Bee  
NishmasiB'chemlah Rabah Emunasecha”*

*[“I gratefully thank You, O living and eternal King, for You have returned my soul  
within me with compassion-abundant is your faithfulness.”]*<sup>10</sup>

- a) One should pause after the word “*B'chemlah*”. The words “*Rabah Emunasecha*” should be said together without pausing.<sup>11</sup>
- b) After reciting “*Modah Ani*” one washes his\her hands <sup>12</sup> even if that person intends to remain in bed.<sup>13</sup>

## Washing Hands Upon Awakening

According to the *Zohar* <sup>14</sup> one must be very careful to wash one's hands upon awakening because the spirit of uncleanness is upon one's hands until washing. In addition, one must be diligent not to walk 4 cubits before washing hands. [According to Harav Hagaon Rav Moshe Feinstein, zt'l,<sup>15</sup> four cubits equals approximately 78 inches or 6.5 feet. However, see the *Ashel Avraham, Orach Chaim Siman 4*, that the 4 cubits may be measured on the diagonal, which would measure 5.60 cubits, which is approximately 9.3 feet.]

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<sup>9</sup> *Mishneh Berurah, Siman 1, Se'if Katan 8.*

<sup>10</sup> *Siddur Etz Chaim, ArtScroll.*

<sup>11</sup> *Mishneh Berurah, Siman 1, Se'if Katan 8.*

<sup>12</sup> *See Siman 4 pertaining to the laws of washing hands when awakening in the morning.*

<sup>13</sup> *Mishneh Berurah, Siman 1, Se'if Katan 2.*

<sup>14</sup> *Cited in Mishneh Berurah, Siman 1, Se'if Katan 2. See Birchai Yosef, Siman 1 for the actual source of the Zohar.*

<sup>15</sup> *Igros Moshe, Orach Chaim, Volume 1, Siman 136 and in Yorah Deah, Volume 3, Siman 66.*

The *Shaarei Teshuvah* concludes,<sup>16</sup> that under pressing circumstances can one be lenient and walk more than four cubits in the house without first washing hands. Accordingly, one should not transgress any prohibition (i.e. holding back from relieving oneself) because he\she has not washed hands.<sup>17</sup>

## Water Further Than Four Cubits Away

If one finds the water further than four cubits away and there is no one available to move it closer, he\she has two options. Either walk as quickly as possible to the water<sup>18</sup> or repeat the process of walking less than 4 cubits and then stop.<sup>19</sup> According to the *Elef Hamagain's commentary on the Mateh Efraim*, either option is acceptable. It is important to note that the *Birchai Yosef, Siman 4* concludes, that these laws (washing hands upon awakening) also apply to one who awakens after sleeping during the day.

## Remember Shiur 1 :

### 30 Second Quick Review

#### • Strengthen yourself like a lion:

Strength in service of Hashem is in the heart; the Evil inclination constantly wages war. Every person has a particular place in revealing Hashem. Each person must struggle to develop his\her own unique way to serve Hashem.

#### • Awaken the daybreak:

Be quick and alert to perform Hashem's commandments. The amount of sleep allowed and whether to arise at daybreak depend on the true needs of each individual.

#### • Upon awakening in the morning:

- 1) Immediately thank Hashem for returning your *Neshama, soul*, by reciting "*Modah Ani*".
- 2) Wash hands.
- 3) Under pressing circumstances can one be lenient and walk more than four cubits before washing hands.
- 4) If water is further than four cubits away, two options are available.

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<sup>16</sup> See *Mishneh Berurah, Siman 1, Se'if Katan 2* which cites the *Shaarei Teshuvah*.

<sup>17</sup> *Mishneh Berurah, Siman 1, Se'if Katan 2*.

<sup>18</sup> *Shaarei Teshuvah, Siman 1, Se'if Katan 2*.

<sup>19</sup> *Mateh Efraim, Siman 719, Se'if 27; Lechem Hapanim on Kitzur Shulchan Aruch, Siman 1*.

Note: The laws of washing hands upon awakening also apply to one who awakens after sleeping during the day.

## Shiur 1: Answers to Issues Discussed

1. Man was created for the purpose of serving his creator. Therefore, one must strengthen his heart in this service as the Evil inclination constantly wages war against him.
2. No. Just as no [two person's] faces are identical, similarly, their knowledge is not identical. Every person has a particular place in revealing Hashem.
3. It is important to be quick and alert to perform Hashem's commandments because there is no comparison to performing Hashem's commandments between one who awakens himself to do so rather than being aroused by others. In addition, by rousing himself, he causes an awakening in Heaven which assists him in servicing Hashem.
4. One is not required to change his custom even though he will be unable to awaken the daybreak.
5. The amount of sleep one is allowed each evening depends on the true needs of each individual provided it is to serve Hashem. There are those who can service Hashem (i.e. study Torah) on less sleep, while others require more sleep.
6. Upon waking up in the morning, if one does not desire to sleep again, before going down from bed or beginning any other activity, and even before washing one's hands, one thanks Hashem for returning his\her *Neshama*, soul, by reciting "*Modah Ani...*".
7. One must be very careful to wash hands upon awakening because the spirit of uncleanness is upon one's hands until washing.
8. One must be diligent not to walk 4 cubits before washing hands. However, under pressing circumstances can one be lenient and walk more than four cubits in the house without first washing hands.
9. If the water is more than four cubits away he has two options. Either walk as quickly as possible to the water or repeat the process of walking less than 4 cubits and then stop. Either option is acceptable.
10. The laws of washing one's hands upon awakening in the morning also apply if one sleeps during the day.