

Putting It into Action Source Sheet

Part 1: Why Do We Help Others?

משנה אבות א' י"ד

(יד) הוא הָיָה אוֹמֵר, אִם אֵין אָנִי לִי, מִי לִי. וְכִשְׁאֲנִי לְעַצְמִי, מֶה אָנִי. וְאִם לֹא עֲכָשְׁיוּ, אֵימָתִי:

Pirkei Avot 1:14

(14) He [Rabbi Hillel] used to say: If I am not for me, who will be for me? And when I am for myself alone, what am I? And if not now, then when?

בראשית י"ח:א'-ח'

(א) וַיֵּרָא אֵלָיו יְהוָה בְּאֵלְנֵי מַמְרֵה וְהוּא יֹשֵׁב פֶּתַח הָאֵהָל כְּחֹם הַיּוֹם: (ב) וַיֵּשֶׁא עֵינָיו וַיֵּרָא וְהִנֵּה שְׁלֹשָׁה אַנְשִׁים נֹצְבִים עָלָיו וַיֵּרָא וַיֵּרֶץ לִקְרַאתָם מִפֶּתַח הָאֵהָל וַיִּשְׁתַּחוּ אַרְצָה: (ג) וַיֹּאמֶר אֲדֹנָי אִם-נָא מְצִאתִי חֵן בְּעֵינֶיךָ אֶל-נָא תַעֲבֹר מֵעַל עַבְדְּךָ: (ד) יִקַּח-נָא מֵעֶט-מַיִם וְרַחֲצוּ רַגְלֵיכֶם וְהִשְׁעֲנוּ תַחַת הָעֵץ: (ה) וְאִקְחָה פַת־לֶחֶם וְסַעֲדוּ לְבַבְכֶם אַחַר תַּעֲבְרוּ כִי-עַל-כֵּן עֲבַרְתֶּם עַל-עַבְדְּכֶם וַיֹּאמְרוּ כֹּן תַעֲשֶׂה כַאֲשֶׁר דִּבַּרְתָּ: (ו) וַיִּמְהַר אַבְרָהָם הָאֵהָלָה אֶל-שָׂרָה וַיֹּאמֶר מַה־רִי שְׁלֹשׁ סָאִים קָמַח סֹלֶת לְוָשִׁי וְעֵשִׂי עֲגוֹת: (ז) וְאֶל-הַבָּקָר רָץ אַבְרָהָם וַיִּקַּח בֹּרֶבְקָר רֶךָ וְטוֹב וַיִּתֵּן אֶל-הַנַּעַר וַיִּמְהַר לַעֲשׂוֹת אֹתוֹ: (ח) וַיִּקַּח חֲמָאָה וְחָלָב וּבֹרֶבְקָר אֲשֶׁר עָשָׂה וַיִּתֵּן לַפְּנִיָּהֶם וְהוּא עֹמֵד עֲלֵיהֶם תַּחַת הָעֵץ וַיֹּאכְלוּ:

Genesis 18:1-8

(1) The LORD appeared to him by the terebinths of Mamre; he was sitting at the entrance of the tent as the day grew hot. (2) Looking up, he saw three men standing near him. As soon as he saw them, he ran from the entrance of the tent to greet them and, bowing to the ground, (3) he said, "My lords, if it please you, do not go on past your servant. (4) Let a little water be brought; bathe your feet and recline under the tree. (5) And let me fetch a morsel of bread that you may refresh yourselves; then go on—seeing that you have come your servant's way." They replied, "Do as you have said." (6) Abraham hastened into the tent to Sarah, and said, "Quick, three seahs of choice flour! Knead and make cakes!" (7) Then Abraham ran to the herd, took a calf, tender and choice, and gave it to a servant-boy, who hastened to prepare it. (8) He took curds and milk and the calf that had been prepared and set these before them; and he waited on them under the tree as they ate.

Part 2: What Are Different Ways To Help Others?

שמות כ"ב:כ'

(כ) וגר לא־תוֹנֶה וְלֹא תִלְחָצֶנּוּ כִּי־גֵרִים הָיִיתֶם בְּאֶרֶץ מִצְרָיִם:

Exodus 22:20

(20) You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt.

עמוס ח':ד'-ו'

(ד) שְׁמַעו־זֹאת הַשְּׁאֲפִים אֲבִיוֹן וְלִשְׁבִית עֲנוּי־[עֲנִי־] אֶרֶץ: (ה) לֹא־אָמַר מְתִי יַעֲבֹר הַחֹדֶשׁ וְנִשְׁבִּירָה שֶׁבֶר וְהַשֶּׁבֶת וְנִפְתַּח־הַבַּר לְהַקְטִין אִיפָּהּ וְלַהֲגִדִיל שֶׁקֶל וְלַעֲוֹת מֵאֲזַנֵּי מִרְמָה: (ו) לִקְנֹת בַּכֶּסֶף דָּלִים וְאֲבִיוֹן בְּעִבּוֹר נַעֲלִים וּמִפֶּל בֶּרֶךְ נִשְׁבִּיר:

Amos 8:4-6

(4) Listen to this, you who devour the needy, annihilating the poor of the land, (5) saying, "If only the new moon were over, so that we could sell grain; the sabbath, so that we could offer wheat for sale, using an ephah that is too small, and a shekel that is too big, tilting a dishonest scale, (6) and selling grain refuse as grain! We will buy the poor for silver, the needy for a pair of sandals."