

## ***Be Strong without Eating***

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***Rabbi Zev-Hayyim Feyer***

*Parshat Ekev*

**G\*d made thy life difficult, let thee hunger, and then fed thee with manna – which neither thou nor thine ancestors had ever experienced – in order to teach thee that it is not by bread alone that one lives, but by everything that comes from the Mouth of the Eternal. (Deuteronomy 8:3)**

Rebbe Shalom Yosef of Sadagora, the eldest son of Rebbe Israel of Rizhin, was accustomed to eating very little; indeed, there were days when he ate almost nothing. It happened one day that, shortly after a meal had been served to him, his daughter Rachel Leah entered his study. Seeing that his food was untouched, she began to weep.

“Why are you crying, my daughter?” he asked. “Do you think that abstaining from food will weaken me?” And he then picked up a heavy chair with two fingers, carried it about the room, and returned it to its place. “If one provides one’s soul with all its needs,” he said to his daughter, “then one can be strong even without eating!”

Shabbat Shalom.

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