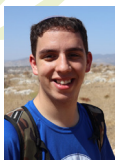


THE TRIBE WEEKLY

PARASHAT RE'EH

7-8 AUGUST | 25 AV

MAKING THE RIGHT CHOICE



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All day, every day, we are making choices. From deciding whether to get out of bed when the alarm rings, to what we wear, how we speak to others, and how we spend our time, our lives are made up of countless decisions. While this ability to choose is one of God's greatest gifts, it can also leave us feeling mentally exhausted. Psychologists call this *decision fatigue* — the feeling of being drained after making decision after decision throughout the day.

Parashat Re'eh opens with a powerful reminder that can help us navigate this challenge:

"See, I place before you today a blessing and a curse."

At first glance, this seems like a simple statement about reward and punishment. But perhaps there is a deeper message. God presents us with the reality that life is full of choices, yet He also makes clear which path leads to blessing. The Torah does not leave us guessing what is right and what is wrong. We still possess free choice, but we are also given clear guidance on how to use it.

So much of our mental energy is spent weighing options, worrying whether we are making the right decision. While we still face many everyday choices, the

Torah reminds us that our most important decisions have already been mapped out for us. When we build our lives around Torah values, many decisions become less about "What do I feel like doing?" and more about "What does God want from me?"

Decision fatigue comes from constantly having to invent our own path. The Torah offers us something different — a direction that has already been charted. Our task is not to create a new moral compass each day, but to follow the one God has already given us. Every day we are presented with choices. The question is not whether we will choose, but whether we will recognise that God has already shown us where blessing is found.

Parasha Wordsearch

Find these words in the grid. The words can go in any direction and can share letters as they cross over each other.

L	N	C	D	W	R	T	R	J	Y	K	K	U
L	R	O	C	E	G	M	O	D	I	L	U	U
X	X	M	O	Q	C	F	I	R	M	Q	I	X
I	C	M	S	S	O	I	J	R	P	G	P	T
J	J	A	B	W	V	P	S	L	A	U	L	B
X	Z	N	V	C	Y	C	B	I	T	V	M	S
P	X	D	E	H	E	E	R	K	O	P	E	J
Y	V	M	I	C	O	U	K	S	D	N	Z	D
B	L	E	S	S	I	N	G	B	A	Z	K	V
W	E	N	W	Q	R	O	M	I	Y	J	C	J
M	K	T	S	X	N	E	H	P	T	K	P	K
P	U	A	B	E	S	R	U	C	E	A	R	R
E	T	U	L	T	C	E	R	R	O	C	F	H

TODAY
DEVARIM
CORRECT
CHOICE
CURSE
DECISION
COMMANDMENT
BLESSING
RE'EH
FATIGUE

