

HALACHOS HATZRICHOS

PACKET #13



LEARNING AT NIGHT

We need to learn Torah all the time, but there are some times that make learning Torah EXTRA important and extra special! One of those times are at night. In many places in *Gemara*, we learn how important it is to learn Torah at night.

For example, the *Gemara* says that the “*Rina*” (song) of Torah is only at night! It also says that if Hashem sees a person learn Torah at night, he puts a “*Chut Shel Chesed*,” a string of kindness, on him during the day.

Nighttime is an especially good time to learn *Chassidus*!

One of the reasons why we make a *Cheshbon Hanefesh* during *Kriyas Shema* at night is because the nighttime makes a person feel more humble. Feeling humble is very important to learn *Chassidus* properly! To feel the *kedusha* of the Torah and of Hashem as explained in *Chassidus*, a person can't feel too proud of himself. That's why the night is the best time to learn *Chassidus*.

(See *Shulchan Menachem* p. 368, *Likutei Sichos* vol. 34 p. 42)



LEARNING TORAH BEFORE SLEEP

One of the *inyonim* of *Kriyas Shema She'al Hamitah* is that we should go to sleep with words of Torah. *Kriyas Shema She'al Hamitah* has many *pesukim* from *Tehillim* and other parts of Torah.

(That's also why we finish off the last paragraph of *Kriyas Shema* with the words "**Torah Tziva Lanu Moshe!**")

The Rebbe would tell people that what you go to sleep thinking about is very important. In letters to people who had bad dreams or were afraid at night, the Rebbe would write that they should learn a few lines of the Frierdiker Rebbe's *sichos* before going to sleep. The words of the Frierdiker Rebbe, speaking about the history of *Chassidus* and Chabad, will help a person go to sleep with good thoughts, and sleep peacefully!



TIKUN CHATZOS

Shortly after the Rebbe became *Nosi*, someone asked the Rebbe a question: “If it says in *Tanya* that we should say *Tikun Chatzos* at least once a week, why aren’t people doing it?”

The Rebbe answered that *Tikun Chatzos* is only for special people. The rest of us fulfill the *inyan* of *Tikun Chatzos* by learning *Chassidus*, especially on Thursday night!

In a *maamar* (*Margela Bepumei* 5746), the Rebbe tells us that since we are so close to the *Geulah*, now our main learning of *Chassidus* should be not so much to think about the *Golus* our *aveiros* caused. Instead, we should make a *Cheshbon Hanefesh* to help us come to do *teshuvah* in a way of *simcha*, to have more *chayus* in learning Torah and *davening* and living the way a Yid should!



KRIYAS SHEMA SHE'AL HAMITAH

Every night, we say *Kriyas Shema She'al Hamitah* before we go to sleep.

According to *halacha*, we are allowed to say it once we are already in bed, lying down with pajamas.

Still, it is better to be sitting up or standing when we say *Kriyas Shema She'al Hamitah*.

It is our *minhag* to say *Kriyas Shema She'al Hamitah* when we are still wearing our clothes! Men should wear a hat and jacket, and a married man should even wear his gartel.

By being dressed and standing up, we show that the *avodah* of *Kriyas Shema She'al Hamitah* is very important.

(See *Piskei Teshuvos* vol. 2, p. 991 and *Shemiras Mitzvas Hayom* p 304)



TOO TIRED FOR KRIYAS SHEMA

Once while in *Yechidus*, a *shliach* asked the Rebbe a question that was bothering him. He had a lot of work to do at night, and by the time he was done, he was so exhausted he would sometimes fall asleep without saying *Kriyas Shema She'al Hamita* at all! What should he do?

The Rebbe answered that before starting the things he thinks he needs to finish, he should first say *Kriyas Shema She'al Hamitah*, but not *Hamapil*. This way he can say *Kriyas Shema* properly.

Then, right before he goes to sleep, he should say the first paragraph of *Shema* again (from *Shema* until *Uvisharecha*) and then *Hamapil*.



INTERRUPTION AFTER HAMAPIL

The *halachos* about *Hamapil* depend on what kind of *bracha* it is.

Some *poskim* say that *Hamapil* is like any other *bracha* we make on things which bring us pleasure, *Birchos Hanehenin*. We make a *bracha* before eating or drinking, and a *bracha* before enjoying a night's sleep!

According to this opinion, after we say *Shema*, we can't do or say anything else. We don't make any interruptions after saying a *bracha* on food, until we've eaten some. In the same way, we shouldn't make any interruptions after saying *Hamapil*, before we've slept.

Other *poskim* say that *Hamapil* is a *bracha* of praise to Hashem, like the *brachos* we say in *Birchos Hashachar*. When we say a *bracha* praising Hashem for giving us shoes ("*She'asa Li Kol Tzorki*") we don't have to run and put on shoes right away! The same way, we don't have to go to sleep right after praising Hashem for making people sleep.

Most *poskim* say that it's a *bracha* of praise. Therefore, if we realize that we forgot something important after saying *Hamapil*, we are allowed to do it. That's especially true if it's a *mitzvah*, like if we forgot to count *sefirah* or bring *negel vasser*.

Still, we should try our best to make sure that everything is taken care of before we say *Hamapil*. This way, we can say *Hamapil* and go to sleep right away.

If we did have to make an interruption, before we go to sleep we say the first paragraph of *Shema* again, and the *posuk* of *Beyadcha Afkid Ruchi*.

(According to *Piskei Teshuvos* p. 987)



SLEEPING LEKAVOD SHABBOS

When Rebbetzin Shaina (Rebbetzin Chaya Mushka's younger sister) was young, she had a nickname Shaindel. Shaindel's family would like to tease her, because she always had cute things to say.

Once her Zaidy the Rebbe Rashab told her to make sure that everything she does on Shabbos should be *Lekavod Shabbos*, including when she's eating or taking a walk. She said that she's ready to do everything *Lekavod Shabbos*, except for one thing — sleeping. Because when you're sleeping, you're asleep, so how can it be *Lekavod Shabbos*?

The Friediker Rebbe told this story to the Rebbe, and the Rebbe once explained what we can learn from this story, in honor of a group of *Baalei Teshuvah* who came for a *Pegisha* to 770:

The Rebbe said that this is just like in learning, where *Chassidus* teaches us that you can dream at night about what you learn about during the day. By thinking about Shabbos during everything you do, even your sleep will be *Lekavod Shabbos*! This is especially true if it bothers you that you WANT it to be that way, then Hashem will help to make sure that it will be!

(See *sicha of Parshas Shemos 5725*)

