

Bereishit Themes for the Week

One thought a day, Sunday 4 October to Friday 9 October 2026

Aryeh Leib Thorne Toren · Yerushalayim · For the fridge or the siddur

- **Sunday 4 October (23 Tishrei, Isru Chag): Light first.** "Let there be light" (Bereishit 1:3). Before anything else was made, there was a way to see it. Today: notice one thing you usually rush past.
- **Monday 5 October (24 Tishrei): Separation that creates.** G-d divides light from darkness and water from water (Bereishit 1:4–7). Making a world means drawing lines. Today: name one boundary that protects something good in your life.
- **Tuesday 6 October (25 Tishrei): The image of G-d.** "G-d created the human in His image" (Bereishit 1:27). Every person you meet today carries that image, including the ones who annoy you.
- **Wednesday 7 October (26 Tishrei): Not good to be alone.** "It is not good for the person to be alone" (Bereishit 2:18). Today: call, write to or visit someone who may be alone. Three years after 7 October 2023, remember the families who still carry an empty chair.
- **Thursday 8 October (27 Tishrei): Where are you?** G-d asks Adam, "Where are you?" (Bereishit 3:9). It is not a question about place. Today: ask yourself honestly where you stand, and where you want to be by the end of the month.
- **Friday 9 October (28 Tishrei, Erev Shabbat Bereishit): Rest as completion.** "And G-d completed on the seventh day the work He had done, and He rested" (Bereishit 2:2). Shabbat is not a pause in creation; it finishes it. Today: prepare one thing for Shabbat with full attention.

Prepared in deep partnership and cooperation with Grok and xAI

All glory to the Ribono shel Olam · Errors are mine.