

STAMINA: a workout to keep you going in the wilderness

40 YEARS IN THE MAKING...give yourself 40 minutes to process it!

As our people left Egypt to the promised land, it took three things to prepare us to receive the Torah: Fire, Water, and Wilderness. Lucky for us, we get all of these at camp, all summer long. How we take care of ourselves gives us the stamina to last the whole journey.

We need:

- Interval training (fire)
- Endurance (wilderness)
- Power of rest (water)

Ours is not to complete the workout, nor are we free to desist from sweating. And if not now, when.

Text: **Midrash Rabbah Bamidbar 1:7**

בג דברים ניתנה התורה, באש, ובמים, ובמדבר. באש מנין שנאמר והר סיני עשן כולו וגו', ובמים מנין שנאמר גם שמים נטפו גם עבים נטפו מים, ובמדבר מנין וידבר ה' אל משה במדבר סיני.

“The Torah was given to the accompaniment of three things, fire, water and wilderness. ‘Fire’; is derived from the verse “Mount Sinai was smoking in its entirety because Hashem descended upon it in fire” (Shemot 19:18). ‘Water,’ is derived from the verse, ‘Even the heavens trickled; even the clouds dripped water’ (Judges 5:4). ‘Wilderness’ is derived from the verse ‘Hashem spoke to Moshe in the wilderness of Sinai.’ (Bamidbar 1:1)