



סבלנות - Patience

Rabbi Avi Katz Orlow

I. Yearning

1. Psalms 137:1

By the rivers of Babylon, there we sat, sat and wept, as we thought of Zion.

על נהרות | בבל שם ישבנו גם בכינו בְּזָכְרֵנוּ אֶת-צִיּוֹן:

2. Naftali Herz Imber, *Hatikvah* (1877)

As long as in the heart, within,
The soul of a Jew still yearns,
And onward, towards the ends of the east,
an eye still gazes toward Zion;
Our hope is not yet lost,
The hope of two thousand years,
To be a free nation in our land,
The land of Zion and Jerusalem.

כל עוד בלִבִּי פְּנִימָה
נֶפֶשׁ יְהוּדִי הוֹמִיָּה,
וּלְפָאֲתֵי מִזְרַח קְדִימָה,
עֵין לְצִיּוֹן צוֹפִיָּה
עוד לא אֲבָדָה תְּקוּנָתוֹ,
הַתְּקוּהָ בֵּת שְׁנוֹת אֲלָפִים,
לְהִיּוֹת עִם חֶפְשִׁי בְּאַרְצֵנוּ,
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם

3. Dr. John Gottman

Behind every complaint there is a deep personal longing

II. Patience

4. Numbers 12:3

Now Moshe was a very **humble** man, more so than any other man on earth.

:מֵאֵד מִכָּל הָאָדָם אֲשֶׁר עַל-פְּנֵי הָאֲדָמָה וְהָאִישׁ מֹשֶׁה עֲנוּ

5. Rashi on Numbers 12:3:1

ענו means, humble and **patient**.

שָׁפֵל וְסָבֵל. עֲנוּ

6. **Patience**: Tolerant and Even-Tempered Perseverance

What is patience without passion?

7. Genesis 25:29-30

Once when Yaakov was cooking a stew, Esav came in from the open, famished. And Esav said to Yaakov, "Give me some of that red stuff to gulp down, for I am famished"—which is why he was named Edom.

וַיָּזֶד יַעֲקֹב נָזִיד וַיָּבֹא עָשָׂו מִן-הַשָּׂדֶה וְהוּא עֵיף: וַיֹּאמֶר
עָשָׂו אֶל-יַעֲקֹב הֲלִעִיטֵנִי נָא מִן-הָאֲדָם הָאֵדֶם הַזֶּה כִּי
עֵיף אֲנִי עַל-כֵּן קָרָא-שְׁמוֹ אֲדָוָם

8. African Proverb

If you want to go fast, go alone. If you want to go far, go together

9. Rabbi Abraham Joshua Heschel

Faith is not the clinging to a shrine but an endless pilgrimage of the heart. Audacious longing, burning songs, daring thoughts, an impulse overwhelming the heart, usurping the mind--these are all a drive towards serving Him who rings our hearts like a bell. It is as if He were waiting to enter our empty, perishing lives.

Cultures in Conflict: on Patience

Rabbi Avi Katz Orlow

1. Quran 2:177

Piety is not to turn your faces to the east or the west; rather, piety is [personified by] those who have faith in Allah and the Last Day, the angels, the Book, and the prophets, and who give their wealth, for the love of Him, to relatives, orphans, the needy, the traveller and the beggar, and for [the freeing of] the slaves, and maintain the prayer and give the zakat, and those who fulfil their covenants, when they pledge themselves, and those who are **patient** in stress and distress, and in the heat of battle. They are the ones who are true [to their covenant], and it is they who are the Godworthy.

لَيْسَ الْبِرَّ أَنْ تُوَلُّوا وُجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلَكِنَّ الْبِرَّ مَنْ
ءَامَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَالْمَلَائِكَةِ وَالْكِتَابِ وَالنَّبِيِّينَ وَءَاتَى الْمَالَ عَلَى
حُبِّهِ ذَوِي الْقُرْبَى وَالْيَتَامَى وَالْمَسْكِينِ وَأَبْنَى السَّبِيلِ وَالسَّائِلِينَ وَفِي
الرِّقَابِ وَأَقَامَ الصَّلَاةَ وَءَاتَى الزَّكَاةَ وَالْمُوفُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا
وَالصَّابِرِينَ فِي الْبَأْسَاءِ وَالضَّرَاءِ وَحِينَ الْبَأْسِ أُولَئِكَ الَّذِينَ صَدَقُوا
وَأُولَئِكَ هُمُ الْمُتَّقُونَ ١٧٧

صَبْرٌ *sabr*

(perseverance, persistence)

+ **شُكْرٌ** *shukr*

(thankfulness, gratitude)

= **إِيمَانٌ** *īmān*

(faith)

2. Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

3. Shimon Peres

The greatest gift of Jews to the world is dissatisfaction.

4. Naftali Herz Imber, *Hatikvah* (1877)

As long as in the heart, within,
The soul of a Jew still yearns,
And onward, towards the ends of the east,
an eye still gazes toward Zion;
Our hope is not yet lost,
The hope of two thousand years,
To be a free nation in our land,
The land of Zion and Jerusalem.

כל עוד בלִבֵּב פְּנִימָה
נִפְשׁ יְהוּדֵי הוֹמָה,
וּלְפָאֲתֵי מִזְרַח קְדִימָה,
עֵין לְצִיּוֹן צוֹפִיָּה
עוֹד לֹא אֲבָדָה תִּקְוַתִּנוּ,
הַתִּקְוָה בֶּת שְׁנוֹת אֶלְפִים,
לְהִיּוֹת עִם חִפְשֵׁי בְּאַרְצֵנוּ,
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם

5. Sheikh Mohamed bin Zayed, March 7, 2026

Our skin is thick and our flesh is bitter

إن جلدنا غليظ ولحمنا مر or ترا الامارات جلدھا غليظ ولحمھا مرّة

Reflecting on Patience - בלנות

Rabbi Avi Katz Orlow

1. Rabbi Solomon Schechter

In order to be a success in the American rabbinate, you must be able to talk baseball.

2. Shabbat 30b-31a

The Sages taught in a *baraita*: A person should always be **patient** like Hillel and not impatient like Shammai. The Gemara related: There was an incident involving two people (31a)

who wagered with each other and said: Anyone who will go and aggravate Hillel to the point that he reprimands him, will take four-hundred *zuz*. One of them said: I will aggravate him. That day that he chose to bother Hillel was Shabbat eve, and Hillel was washing the hair on his head. He went and passed the entrance to Hillel's house and in a demeaning manner said: Who here is Hillel, who here is Hillel? Hillel wrapped himself in a dignified garment and went out to greet him. He said to him: My son, what do you seek? He said to him: I have a question to ask. Hillel said to him: Ask, my son, ask...

That man said to him: I have many more questions to ask, but I am afraid lest you get angry. Hillel wrapped himself and sat before him, and he said to him: All of the questions that you have to ask, ask them. The man got angry and said to him: Are you Hillel whom they call the *Nasi* of Israel? He said to him: Yes. He said to him: If it is you, then may there not be many like you in Israel. Hillel said to him: My son, for what reason do you say this? The man said to him: Because I lost four hundred *zuz* because of you. Hillel said to him: Be vigilant of your spirit and avoid situations of this sort. Hillel is worthy of having you lose four hundred *zuz* and another four hundred *zuz* on his account, and Hillel will not get upset.

3. Patience: Tolerant and Even-tempered perseverance

- My Patience Kavanah
- My Patience Kabbalah

כֹּהֲלֵל וְאֵל יִהְיֶה תִּנּוּ רַבָּנִן: לְעוֹלָם יִהְיֶה אָדָם עֲנוּוֹתוֹ
קִפְדָּן כְּשִׁמְאִי. מַעֲשֵׂה בִשְׁנֵי בְנֵי אָדָם

שֶׁהִמְרוּ זֶה אֶת זֶה, אָמְרוּ: כָּל מִי שִׁילָךְ וַיִּקְנִיט אֶת הַלֵּל
יִטּוֹל אַרְבַּע מֵאוֹת זִז. אָמַר אֶחָד מֵהֶם: אֲנִי אֶקְנִיטֶנּוּ.
אוֹתוֹ הַיּוֹם עָרַב שַׁבָּת הִיא, וְהַלֵּל חִפָּף אֶת רֹאשׁוֹ. הֵלֵךְ
וְעָבַר עַל פֶּתַח בֵּיתוֹ, אָמַר: מִי כָּאן הַלֵּל, מִי כָּאן הַלֵּל?
נִתְעַטֵּף וַיֵּצֵא לִקְרֹאתוֹ. אָמַר לוֹ: בְּנִי, מָה אַתָּה מְבַקֵּשׁ?
אָמַר לוֹ: שְׂאֵלָה יֵשׁ לִי לִשְׁאוֹל. אָמַר לוֹ: שְׂאֵל בְּנִי. שְׂאֵל

...

אָמַר לוֹ: שְׂאֵלוֹת הִרְבֵּה יֵשׁ לִי לִשְׁאוֹל, וּמִתִּירָא אֲנִי
שִׁמְאָ תִכְעוֹס. נִתְעַטֵּף וַיֵּשֶׁב לִפְנָיו. אָמַר לוֹ: כָּל שְׂאֵלוֹת
שִׁישׁ לָךְ לִשְׁאוֹל שְׂאֵל. אָמַר לוֹ אַתָּה הוּא הַלֵּל שֶׁקּוֹרִין
אוֹתָךְ "נָשִׂיא יִשְׂרָאֵל"? אָמַר לוֹ: הֵן. אָמַר לוֹ: אִם אַתָּה
הוּא, לֹא יִרְבוּ כְמוֹתֶךָ בְּיִשְׂרָאֵל. אָמַר לוֹ: בְּנִי, מִפְּנֵי
מָה? אָמַר לוֹ מִפְּנֵי שֶׁאַבְדֵתִי עַל יָדְךָ אַרְבַּע מֵאוֹת זִז.
אָמַר לוֹ: הֲנִי זֹהִיר בְּרוּחְךָ כְּדִי הוּא הַלֵּל שֶׁתֹּאבֵד עַל יְדִי
אַרְבַּע מֵאוֹת זִז וְאַרְבַּע מֵאוֹת זִז, וְהַלֵּל לֹא יִקְפִיד