SHABBAT TABLE TALK: Toledot

MAGEN EPHRAIM SEPHARDIC ACADEMY

MESA SHABBAT TABLE TALK

Parashat Toledot

Twins, a Bowl of Soup and the Wells

4 Kislev 5787 · November 14, 2026

תּוֹלְדֹת

Hadlakat Nerot · Fri. Nov. 13

4:20 PM

This week's Table Talk is sponsored by **Benny & Caroline Hematian**

Last week Sarah passed away and Yitzchak married Rivka. This week Rivka has twins, Esav sells his bekhora for a bowl of lentil soup, and Yaakov receives his father's berakha.

1 These Are the Toledot of Yitzchak

תּוֹלְדֹת

וְאֵלֶּה תּוֹלְדֹת יִצְחָק בֶּן־אַבְרָהָם אַבְרָהָם הוֹלִיד אֶת־יִצְחָק׃

"These are the toledot of Yitzchak the son of Abraham. Abraham was the father of Yitzchak." **(Bereshit 25:19)**

The pasuq says the same thing twice: Yitzchak was the **son of Abraham**, and Abraham was the **father of Yitzchak**. The Torah does not waste words. Why repeat it?



Our Sages explain: **toledot** means a person's **legacy**, what he leaves in the world. Abraham crossed the world, won wars and spoke with kings. But the Torah lists the most important thing that came out of it all: a son who carried on everything his father believed. Abraham was not only Yitzchak's father. He was his teacher. **A legacy is not what we own. It is what we pass on.**

2 The Voice and the Hands

הַקֹּל וְהַיָּדַיִם

הַקֹּל קוֹל יַעֲקֹב וְהַיָּדַיִם יְדֵי עֵשָׂו׃

"The voice is the voice of Yaakov, and the hands are the hands of Esav." **(Bereshit 27:22)**



Yitzchak was old and could not see. Rivka dressed Yaakov in goat skins, so his hands would feel like his hairy brother's. Yitzchak touched him and was not sure. The hands felt like Esav. The voice sounded like Yaakov.

Our Sages read this pasuq as a lesson for every generation. The strength of Yaakov is his **voice**: prayer and Torah. As long as the voice of Yaakov is heard in our synagogues and our schools, the **hands of Esav** cannot defeat him.

Parashat Toledot in Short aliya by aliya

1. **Twins:** After twenty years Yitzchak prays, and Rivka has twins, Esav and Yaakov. Esav sells his bekhora for a bowl of red lentil soup.
2. **In Gerar:** During a famine HaShem tells Yitzchak not to go down to Egypt. He stays, plants, and harvests one hundred times more.
3. **The Wells:** The jealous Pelishtim fill Abraham's wells with dirt. Yitzchak digs them again: Esek, Sitna and Rechovot.
4. **Beer Sheva:** HaShem appears to Yitzchak and blesses him. Avimelekh, king of the Pelishtim, comes to make peace.
5. **The Berakha:** Yitzchak sends Esav to hunt. Rivka sends Yaakov in first, and Yitzchak blesses him.
6. **Esav Returns:** Esav cries out and wants revenge. Rivka sends Yaakov away to her brother Laban.
7. **Yaakov Leaves:** Yaakov goes to Padan Aram. Esav marries Machalat, the daughter of Yishmael.

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3 MIDDAH OF THE WEEK

Now or Later?

הַבְּכֹרָה

וַיֹּאכַל וַיֵּשְׁתְּ וַיָּקָם וַיֵּלֶךְ וַיִּבֶז עֵשָׂו אֶת־הַבְּכֹרָה׃

"He ate, he drank, he got up, he left, and Esav looked down on the bekhora." **(Bereshit 25:34)**

Esav came in from the field starving. Yaakov was cooking red lentil soup. Yaakov said: "Sell me your **bekhora**," the honor of serving HaShem for the whole family. Esav answered: "I am going to die anyway. What good is a bekhora to me?" He ate, he drank, he got up and he left.



Here is the difference between the two brothers. **Esav looks only at the present. Yaakov looks at the future.** Esav gives up the future to grab what is in front of him now. Yaakov gives up something now to build a better future.

This is how the Jewish people have lived ever since. We save, we study, we build, and we raise our children for a tomorrow we may not see.

The midda: Esav lives for now. Yaakov lives for later. We are the children of Yaakov.

Ask yourself: What is something you waited for, and were glad you did?

4 HALAKHA OF THE WEEK

Bal Tashchit: Don't Ruin It

בַּל תַּשְׁחִית

וְכָל־הַבְּאֵרֹת אֲשֶׁר חָפְרוּ עַבְדֵי אָבִיו בִּימֵי אַבְרָהָם אָבִיו סִתְמוּם פְּלִשְׁתִּים וַיְמַלְאוּם עָפָר׃

"And all the wells that his father's servants dug in the days of Abraham, the Pelishtim stopped up and filled with dirt." **(Bereshit 26:15)**



Abraham dug wells, and good water came out. After Abraham passed away, the Pelishtim filled every one of them with dirt. They did not take the water. They did not need the wells. **They ruined something good for nothing.** Yitzchak dug them all again and gave them back the names his father had given them.

The Torah calls this **Bal Tashchit**: do not ruin, do not waste. Food is a good example. Throwing away food we can still eat is like filling a good well with dirt. Take one slice of pizza, finish it, and only then take a second one. **Do not waste or ruin food, or anything else that can still be used.**

5 Hebrew Words: Ask Your Children!

Say the word. Can they tell you what it means?

תְּאוֹמִים	עָיֵף	אָדֹם	קוֹל	יָדַיִם
twins	tired	red	voice	hands

3 Table Talk Questions

1. Esav sold the bekhora for one bowl of soup. Why do you think he could not wait a few more minutes?
2. The Pelishtim gained nothing by filling the wells with dirt. Why would someone ruin something just so others cannot use it?
3. Abraham's legacy was what he taught Yitzchak. What is one thing you learned at home that you want to pass on?

SHABBAT SHALOM

Rabbi Yosef Bitton and Rabbi Adam Sabzevari


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Menashe Ben Mashiach z”l
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נלב”ע י”ג מרחשון תשפ”ה