



Parshas Vayeira

A Parsha Story for the Shabbos Table

In parshas Vayeira, Hashem does the mitzvah of bikur cholim by visiting Avraham when he is sick. The fact that Hashem Himself comes to visit Avraham shows how important a mitzvah this is! Hashem has many messengers He could have used instead, but He wanted to teach Avraham and all of us that this mitzva is a big deal!

“Hey, anyone know where Fraidy is?” Dassi looked around the class, and Fraidy was definitely not there. Which was a problem, because they had plans to play jump rope together at recess, and if you are not at school, it is very hard to play jump rope at recess. She settled for playing hopscotch with some other friends, but she was sad about missing jump rope.

When Dassi got home, she told her mother about Fraidy’s disappointing absence from school. “Can I go over to Fraidy’s house to play today? We have to play jump rope still,” she asked.

“Mmm, I’m not sure you can go over if Fraidy is sick. Let me call her mother and see what the story is.” Dassi’s mother went to find her phone. A few minutes later, she came back with some bad news. “It seems Fraidy has the flu, so she can’t have visitors right now.”

“Awww!” complained Dassi.

How do you think Dassi is feeling?

“But I’m sure she would love to hear from you. Her mom said she’s awake now. Why don’t you give her a call?”

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“Can I do a video call from your phone?” asked Dassi.

“Sure,” her mother replied, “that sounds like a great idea! Even if you can’t go over there, you can still do the mitzvah of bikur cholim and cheer her up!”

Dassi called up Fraidy on her mother’s phone. Fraidy looked sick, but she was smiling a little. “I was so bored all day!” she exclaimed. “What happened in school today?” Dassi told her about math class, and the funny story Morah Gerstein told, and about the carnival they were having next week. By that time Fraidy was smiling a lot. “Thanks so much for calling, Dassi!” she said. “Can you call me tomorrow after school too?”

“Sure thing!” answered Dassi. “Refuah shleimah! Talk to you tomorrow!”

What is it like being sick and home from school?

How did Dassi’s mitzvah help Fraidy?

What are some other ways you can help someone who is sick?

Good Shabbos!

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