Class # 1–Parshat Beraishit:Kayin’s choice

Advanced Fellowship Parsha Class - Sponsored in memory of Alice Toby Barbanel Z”l

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Ideas from Rabbi Yisrael Chait’s shiur on Kayin V’Hevel

<https://www.youtube.com/watch?v=a9afu8C01ms>

1. How does eating cupcakes help emotional distress?
2. How is celebratory eating different than “emotional eating”?
3. What is significant about the mitzvah to eat rich and delicious foods on a Chag, yet we fast on a Tisha B’av and other public fasts?

*Cain and Abel*

4:1 The man [knew](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C40) his wife Eve. She conceived and gave birth to Cain. She said, 'I have [gained](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C41) a man with God.' 4:2 She gave birth again, this time to his brother [Abel](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C42). Abel became a shepherd, while Cain was a worker of the soil. 4:3 [An era ended](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C43). Cain brought some of his crops as an offering to God. 4:4 Abel also offered some of the firstborn of his flock, [from the fattest ones](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C44). God paid heed to Abel and his offering, 4:5 but to Cain and his offering, He paid no heed. Cain became very furious and [depressed](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C45). 4:6 God said to Cain, 'Why are you so furious? Why are you depressed? 4:7 If you do good, you will be blessed! And if you do not do good, sin is crouching at the door [i.e, it be a curse], It lusts after you, but yet, you can dominate it.' 4:8 Cain said [something] to his brother Abel. Then, when they happened to be in the field, Cain rose up against his brother Abel, and killed him. 4:9 God asked Cain, 'Where is your brother Abel?'

'I do not know,' replied [Cain]. 'Am I my brother's keeper?'

4:10 God said, 'What have you done? The voice of your brother's blood is screaming to Me from the ground. 4:11 Now you are cursed from the ground that opened its mouth to take your brother's blood from your hand. 4:12 When you work the ground, it will no longer give you of its strength. You will be restless and [isolated](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C46) in the world. 4:13 Cain said, '[My sin is too great to bear!](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C47) 4:14 Behold, today You have banished me from the face of the earth, and I am to be hidden from Your face. I am to be restless and isolated in the world, and whoever finds me will kill me.' 4:15 God said to him, '[Indeed](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C48)! Whoever kills Cain will be punished [seven times as much](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C49).' God placed a mark on Cain so that whoever would find him would not kill him. 4:16 Cain went out from before God's presence. He settled in the land of [Nod](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C50), to the east of Eden. 4:17 Cain knew his wife. She conceived and gave birth to [Enoch](http://bible.ort.org/books/pentd2.asp?ACTION=displaypage&BOOK=1&CHAPTER=4#C51). [Cain] was building a city, and he named the city Enoch, after his son.

**Rashi**

**of the fruit of the soil:** of the most inferior (Gen. Rabbah 22:5), and there is an Aggadah that states that it was flaxseed (Mid. Tan. Bereishith 9, Targum Jonathan). (Another explanation: of the fruit From whatever came to his hand, not the best and not the choicest.)

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| **It lusts after you, but yet,.**: [The longing] of sin- i.e., the evil inclination-which constantly longs and lusts to cause you to stumble. |
| **you can dominate it:** If you wish, you will overpower it. — [from Sifrei Ekev 45, Kidd. 30b] |

**And Cain went forth**: He went out with humility, as if to deceive the Most High. — [from Gen. Rabbah 22:13]