Class #15- Parshat Bo – When Howard Stern went to Therapy

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

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[Howard Stern says therapy is what taught him how to 'be a man' l GMA - YouTube](https://www.youtube.com/watch?v=FB7im4ySpZ8)

1. Why did Howard Stern go to therapy?
2. Why did he not go the therapist earlier?
3. Why do people not go to doctors or psychologists when they have real needs?

Hashem’s forecast

3:19 'I know in advance that the Egyptian king will not allow you to leave unless he is forced to do so.

3:20 I will then display My power and demolish Egypt through all the miraculous deeds that I will perform in their land. Then [Pharaoh] will let you leave.

3:21 'I will give the people status among the Egyptians, and when you all finally leave, you will not go empty-handed.

3:22 Every woman shall borrow articles of silver and gold, as well as clothing, from her neighbor or from the woman living with her. You shall load this on your sons and daughters, and you will thus drain Egypt [of its wealth].'

The Final Plague

12:29 It was midnight. God killed every first-born in Egypt, from the first-born of Pharaoh, sitting on his throne, to the first-born of the prisoner in the dungeon, as well as every first-born animal….

12:34 The people took their dough before it could rise. Their leftover dough was wrapped in their robes [and placed] on their shoulders.

12:35 The Israelites [also] did as Moses had said. They requested silver and gold articles and clothing from the Egyptians.

12:36 Hashem gave the people favor in the sight of the Egyptians, so that they let them have what they asked. [The Israelites] thus drained Egypt of its wealth.

**Rashi:**

**[they did] according to the word of Moshe** which he had spoken to them in Egypt, viz., (Exodus 11:2) "And let every man ask his fellow…"

**ושמלות** **and garments** – These were even more valued by them than the silver and than the gold: the later a thing is mentioned in the text the more valued it is (cf. Mekhilta d'Rabbi Yishmael 12:35) (i.e. the fact that silver is mentioned before gold shows that the text is mentioning the objects in the ascending scale of value and consequently the garments**,** as being mentioned last, must have been most valued by them).

**And they handed them over** – Even what they did not ask of them did they give to them: "You say "one" — take "two", but only go!" (Mekhilta d'Rabbi Yishmael 12:35).

5) Why did Hashem tell Moshe to have the Jews ask for gold, silver and clothing? What would they need it for?

6) If the goal was to secure national reparations for unpaid work, why did Moshe require the Jews to personally ask their next-door neighbors versus himself negotiate for reparations to be paid the state treasury of Egypt pay them?

7) In what sense was Hashem acting as a psychologist giving therapy to the Jews?

**Rambam, Laws of Character, Ch.4:1**  
Since maintaining a healthy and sound body is among the ways of God - for one cannot understand or have any knowledge of the Creator, if he is ill - therefore, he must avoid that which harms the body and accustom himself to that which is healthful and helps the body become stronger….

8) In what way did Hashem’s therapy of the Egyptian Jews foreshadow and instruct us in the priority of self-care of the Laws of Character?

9) Joe MJE’er has plenty of friends. If he wants to go to a movie or restaurant, he has 20 options. He has the pick of parties and Friday night shabbat meal invitations. Yet, when he is struggling with the forced loneliness of Covid he has no one he feels comfortable to speak with. He realizes that his relationships are quite superficial. What would Howard Stern says is the opportunity that awaits Joe?

10) Emily MJE’er has a friend named Miriam who is painfully shy and is afraid to ask to be invited over. What does the principle of “Loving your friend as yourself” inform Emily what to do?

11) Katy MJE’er has an older parent who refuses to go to the doctor to investigate a suspicious symptom. What are Katy’s obligations to intervene and be successful with getting the parent to go to the doctor?