



DAILY BOOST

14 MENACHEM AV

GEULAH THROUGH GOLUS

ב"ה

GOOD NIGHTS

One who wishes to acquire the crown of Torah should dedicate his nights to Torah study. Especially from the 15th of Av and on, one should begin learning at night [because the nights start earlier and last longer].

(Shulchan Aruch [with Rama], Y.D. 246:23)

From the 15th of Av, one who adds in learning is granted additional life.

(Talmud, Taanis 31a with Rasbi)

Before discussing the significance of the 15th of Av, we must do our part to make it special. Specifically, we must add in our Torah study, especially at night. In addition to the literal meaning, night symbolizes exile. When we increase our Torah study, G-d grants us additional life and strength, physically and spiritually. This gives us the ability to light up the darkness of exile with the light of Torah.

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