



## **STUDY QUESTIONS TO ACCOMPANY RABBI ADIN STEINSALTZ'S VIDEO CLASSES ON BLESSINGS & GRATITUDE**

### **Video Lesson #1: Blessing the Bad**

Rabbi Adin Even-Israel Steinsaltz

#### **DISCUSSION QUESTIONS**

1. According to Rabbi Steinsaltz, what is the philosophy behind blessing God when you hear bad news?
2. Share an instance in your life where blessing the bad would have been appropriate?
3. The words of the blessing are “Baruch Dayan Emet,” bless you, “a righteous judge”. Why is this wording is appropriate for this blessing?
4. Does Rabbi Steinsaltz suggest that you need to embrace bad news? Why is it required to bless the bad but still permissible to be angry when bad things happen?
5. Why should we be thankful of a bad situation?



## **Video Lesson #2: Dreams**

Rabbi Adin Even-Israel Steinsaltz

### **DISCUSSION QUESTIONS**

1. When are dreams significant? Are all dreams significant?
2. Describe a dream you have had that has connection to real life.
3. What are the three types of dreams that Rabbi Steinsaltz outlines? Who is left to interpret them?
4. What is the difference between dreaming and prophesizing?
5. Who are the dreamers in the Bible?
6. How do Joseph's dreams, or his ability to interpret dreams, affect his life?



## **Video Lesson #3: Gratitude**

Rabbi Adin Even-Israel Steinsaltz

### **DISCUSSION QUESTIONS**

1. How often do you express gratitude?
2. Who truly benefits when you express gratitude?
3. Can showing gratitude be considered a moral imperative? Why or why not?
4. Rabbi Steinsaltz says in his class, "A person may say, 'It's summertime, I'm hot, I'm sweating.' And a wind comes. 'Do I feel gratitude?' Some people do." Why type of person feels gratitude for the wind? Are you that type of person? What do you feel gratitude for?
5. In the Bible we see a number of different ways to express gratitude, most notably Bikkurim, the ceremony of bringing the first food to the temple. Do we have any ritualized way of showing gratitude in modern times?