



THE SHALOM BAYIT JOURNAL



Parashat Eikev

Inherited Value

Understanding the Torah and the Human Experience

The field of psychology seeks to understand how a person can become so discouraged that they lose hope in themselves. Over time, shame can leave someone feeling fundamentally unworthy.

Once a person reaches that place, they often stop believing they are capable of change because they no longer believe they are worthy of it.

One remarkable feature of the therapeutic relationship is that healing begins within it. As clients begin to see themselves through the eyes of the therapist, and through repeated experiences of safety, acceptance, and consistency, they gradually come to recognize their own worth.

Chazal describe one of the Yetzer-hara's greatest victories as convincing a person that they are too broken and too distant from Boreh Olam to grow. Once someone believes they have no worth, they become spiritually paralyzed.

In Parashat Eikev, Moshe reminds Bnei Yisrael:

לֹא מֵרַבְּכֶם מִכָּל הָעַמִּים חָשַׁק ה' בָּכֶם וַיִּבְחַר בָּכֶם
כִּי מֵאַהֲבַת ה' אֶתְכֶם וּמִשְׁמֵרוֹ אֶת־הַשְּׁבָעָה אֲשֶׁר
נִשְׁבַּע לְאַבְרָהָם

"It was not because you were more numerous than all the peoples that Hashem desired you and chose you, but because Hashem loved you and kept the oath He swore to your forefathers."

(Devarim 7:7-8)

Moshe reminds Bnei Yisrael that their relationship with Boreh Olam was not based on their accomplishments. It was rooted in Boreh Olam's love and in the covenant He made with the Avot.

Every Shabbat morning we repeat this same idea in the Amidah:

כִּי לְעַמְּךָ יִשְׂרָאֵל נָתַתָּ בְּאַהֲבָה, לְזֶרַע יַעֲקֹב אֲשֶׁר בָּם בָּחַרְתָּ

"For You gave it in love to Your people Israel, to the descendants of Jacob whom You chose."





THE SHALOM BAYIT JOURNAL



Parashat Eikev

The Malbim explains that Boreh Olam's covenant with the descendants of Abraham was not based on the merits of any one generation. Rather, the relationship between Bnei Yisrael and Boreh Olam rests on the promise He made to Abraham.

Moshe reminds Bnei Yisrael that Hashem's love is rooted in who they are and where they come from. זרע יַעֲקֹב means "the seed of Jacob." Why does the Amidah speak of a seed rather than simply children?

*Like a seed, our value exists
long before our growth becomes visible.*

A seed has value long before it is planted. It already carries within it the potential and inheritance of the generations before it. In the same way, Bnei Yisrael possess intrinsic worth.

Healing begins when people believe they still have value despite their shortcomings or past mistakes.

With this understanding, perhaps we can take another look at the opening words of the parashah.

וְהָיָה עֵקֶב תִּשְׁמָעוֹן

When you are at your lowest, when you feel like the heel, remember who you are, and the relationship Hashem has with you.

Boreh Olam remembers the covenant that He swore to your forefathers, and He continues to keep it with you.

The first step toward healing is recognizing the value you already carry—as a unique person and as a seed of the Jewish nation.



About The Shalom Bayit Journal

The Shalom Bayit Journal explores the intersection of Torah, psychology, relationships, and the human experience. Through thoughtful essays and practical reflection, the Journal seeks to make timeless wisdom meaningful and accessible for everyday life.

