

RADIO SHOW
Rabbi Joseph Radinsky

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Shalom. We all know the famous phrase found in Deuteronomy in Chapter 8 where the Bible says, "that he might know, that he might make thee know that man does not live by bread alone." We all know that man cannot live by the material world itself, that man needs something more if he is to be a human being, that you can give a man everything, but if you put him in a cage you will destroy him. Man needs more than just bread. Man needs more than just the physical things in life. This phrase has been said over and over again, and we all realize its power and its meaning. Many people, though, do not go beyond this phrase and read what immediately follows it. What immediately follows are the words, "But by everything that proceeds out of the mouth of the Lord does man live." We all know that not by bread alone does man live, but many of us do not know that it is only what comes out from the mouth of G-d will man live. What does this expression mean, "But by everything that proceeds out of the mouth of G-d does man live"? Why this expression "out of the mouth of G-d"? What does this signify? What does this mean?

We are all in agreement that man needs more than bread, more than material things to make his life worthwhile. He has to have a goal, a will, certain types of freedom. What does this mean "what comes out of the mouth of the Lord he will live"? It seems to me that this expression is teaching us something very important. We all know that we use the mouth not only to take in food and to eat, which is a symbol of the material world, but also to breathe. We also know that breath is the symbol of life and the symbol in the Bible of spiritual things. What is the nature of breath? What must we do before we can breathe? What we must do is first exhale before we can inhale, or you can say we must first inhale before we can exhale. Food we can store.

Food we can eat day in and day out, but breath we cannot take another breath before we first exhale. There must be constant give and take. We cannot just take, take, take, as far as breath is concerned, but we must give and take, give and take. We cannot just take and we cannot just give. We must do both, and we must do them both alternately. We can never say, "I'm going to take but never give", or, "I'm going to give but never take". No, when it comes to breath we must have a relationship which requires both giving and taking, and this is the essence of any type of spiritual relationship. There must constant give and take if we are to have a worthwhile life. We must have a relationship with others which allows us to talk to them and tell them things, and also allows others to tell us things. There are many people who are very free with their advice and affection but they refuse to accept affection or advice, and these people also spiritually stagnate. In order for us to have a spiritual life, a good life we must give and take.

What's more, although we spend almost all our energy in accumulating material things and think they are very important, our mouth we stuff continually with food, yet that which is free is many times much more important. The body can live 30 days without food, but you cannot live without breath for 3 minutes. Without breath you will die very quickly. You need make hardly any effort to get breath. Air is free. G-d has given us the oxygen about us. It is there. All we have to do is open our mouth and breathe in and out. Food we have to work hard for. It is important. We need food, but we need something even more than food. We need breath, this air which is about us. This is something that many of us have failed to realize, that those things many times that are free in life are much more important than those things that we have to work hard for in order to obtain. Human affection, a feeling of community, born into a family in which you do not have to do anything but be born in that

family and the affection comes to you freely and you are supposed to give it freely, these many times are more important than the food we have to work hard to attain.

Many people fail to realize this. Many people are willing to sacrifice their family, the love and affection of their parents, brothers, sisters, wives, children just for some bread, bread that they can do without right now, but they cannot do without a sense of community, a sense of family, without the love with surrounds each of us. The worst curse in life today is loneliness. How many people suffer from it and have made themselves lonely and are on the verge of despair and some on the verge of suicide, because they have failed to realize that those things in life that are free are more essential to life many times than those things which you have to work hard for, like food. The body can live without food for 30 days, but you cannot live without air for 3 minutes. You cannot live without affection, without love, without the concern of others for you. Man cannot live without others. What is the worst punishment they can give in prison? Solitary confinement. What is the worst punishment that a youngster can give to another in the group? That is to ostracize him, to have nothing to do with him. You can do almost anything to a youngster but try to ostracize him and the fears will flow, and he will become very depressed. This goes not only for youngsters but for all of us. All of us need the warmth and affection of others.

Many times when people have come to me with problems, I have looked at them and realized that their problem is they have sacrificed the love and affection of others for bread, because not on bread alone will man live but what goes out from the mouth of G-d. This free air, this free love that He has given to us of our friends and relatives is ours if we will just develop it, open our

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mouth and breathe a little, but how many of us have forsaken it, and, because of that, feel that we, ourselves, are forsaken?