

# “Eat Your Vegetables!”

## 1. Maimonides (Rambam) states:

*The father should cajole his son [to learn] with the things that children desire, so that he will go happily to study. When he is young, the father should give him nuts and honey and dates. When he grows older and rejects these small gifts, the father should give him fine clothes, and when he grows yet older and rejects these, the father should give him gifts of money. Afterwards, when he grows still older, the father should say, “Study Torah and you will become a leader and be called Rabbi.” And afterwards he should say, “With Torah you will merit paradise.” And when he becomes wise, his father should train him to learn Torah for its own sake.*

(Chabad.org; “A Jewish Psychology of Motivation”)

## 2. Eat Vegetables ---> Get dessert

*Eat Vegetables ---> Be healthy and strong*

3. “Maimonides’ ladder of incentives, then, is more than a means to cajole a child to a difficult task. The young child, whose first perception of goodness is sensory, is told that Torah brings sweetness. As the child comes to value less tangible dimensions, Torah is portrayed as the ultimate source of spiritual pleasures. The incentives offered the child serve as **models of value**, but not as its price. And with time and maturity, these models continue to be refined.”

(Chabad.org; “A Jewish Psychology of Motivation”)

## What made Moshe such an incredible leader?

### 4. Shmot (2:11)

**11** And it came to pass in those days, when Moses was grown up, that he went out unto his brethren, and looked on their burdens; and he saw an Egyptian smiting a Hebrew, one of his brethren.

יֵא וַיְהִי בַיָּמִים הֵהֵם, וַיִּגְדֹּל  
מֹשֶׁה וַיֵּצֵא אֶל-אֶחָיו, וַיֵּרָא,  
בְּסִבְלָתָם; וַיֵּרָא אִישׁ מִצְרִי,  
מַכֶּה אִישׁ-עִבְרִי מֵאֶחָיו.

### 5. Midrash Shemot Rabbah, Vilna Edition 2:2

*Our Rabbis said: When Moshe Rabaynu was a shepherd for Yitro in the desert, a small sheep escaped from him. He chased after it until it reached a thicket. When it arrived at the thicket, it encountered a stream of water and the small sheep stopped to drink. Moshe arrived and said 'I did not know you ran because you were thirsty and tired.' Moshe put the sheep on his shoulders and went (back). Hashem said, 'You have mercy leading sheep, made of flesh and blood, with your life you will be a shepherd for My people'.*

אמרו רבותינו: כשהיה משה רבינו עליו השלום רועה צאנו של יתרו במדבר, ברח ממנו גדי ורץ אחריו, עד שהגיע לחסית, כיון שהגיע לחסית, נזדמנה לו בריכה של מים ועמד הגדי לשתות, כיון שהגיע משה אצלו, אמר: אני לא הייתי יודע שרץ היית מפני צמא, עיף אתה, הרכיבו על כתיפו והיה מהלך. אמר הקדוש ברוך הוא: יש לך רחמים לנהוג צאנו של בשר ודם, כך, חיידך! אתה תרעה צאני ישראל.