

## In G-d We Trust

In this week's *parsha*, *Vayishlach*, *Yaakov* faces a dilemma. He is about to encounter his brother, *Esav*, who hates him and continues to plot against him. Because of their history, *Yaakov* has no idea how *Esav* will behave when they finally meet. The *parsha* teaches us that *Yaakov* prepares for this confrontation by doing three things. First, he sends *Esav* a present. Second, he prepares his camp for war. Third, he prays to *Hashem* for a peaceful meeting.

The unusual point to note about these preparations is that the *Torah* also states twice that *Vayolen Shom*, and *Yaakov* slept. Two questions arise from this statement. First, how could it be possible for *Yaakov* to sleep when he is preparing for a confrontation that might conclude with his death? Secondly, why does the *Torah* assert that *Yaakov* slept twice?

With these two mentions of *Yaakov's* sleeping, the *Torah* teaches us an important lesson for life. *Yaakov* did everything he could possibly do to be ready for his encounter with *Esav*. He sends the customary present, makes the necessary preparations for war, and he prays to *Hashem* for a successful outcome. At this point, *Yaakov* understands that there is nothing else he can do to guarantee a positive conclusion when he meets with *Esav*. He realizes that the meeting between *Esav* and himself is in *Hashem's* hands. Having faith in *Hashem*, he peacefully sleeps recognizing that not everything is in his control.

This is a valuable lesson for us to emulate. It is only natural for us to fret over circumstances that concern us even when they are not in our control. From *Yaakov's* behavior we learn that the first step in dealing with unpleasant situations is to put forth our strongest efforts in the hopes of solving them. The second step is the acknowledgement that sometimes we do not have the ability to control everything and after doing our best, it is time to move on. This step is a difficult position to accept but a crucial one for our own peace of mind and true *Bitachon* (trust) in *Hashem*.