



# CHOVERET CHINUCH #12 5784

The Power Of Music



*The Choveret Chinuch is a project of Bnei Akiva of the US and Canada's Chinuch department. For comments or questions, please reach out to Rav Avishai Berman at [aberman@bneiakiva.org](mailto:aberman@bneiakiva.org)*

Hi Madrichim,

This week we'll learn about the power of songs and music in general, and how music has such an important role in Judaism. We'll learn about the significance of music and song on Pesach, and how they help us praise Hashem.

Chag kasher ve'Sameach

Shani Becker



# The Power Of Music:

Researchers have discovered that music affects the brain in many ways. When we listen to music, it activates various parts of our brain, including those responsible for emotions, memories, and movement. This means that music has the power to change how we feel, releasing dopamine (a hormone released in the brain that gives feelings of pleasure, satisfaction and motivation), and can even help us recall memories. It's amazing how music can



trigger memories from long ago, sometimes even more effectively than smells or tastes, and bring back the strong emotions associated with those memories.

But it's not just about our brains. Music is often said to be connected to the soul because it has a profound effect on our emotions and innermost feelings. It has a way of touching something within us that goes beyond words. It

can connect us to our memories, our hopes, and our dreams, allowing us to express and experience emotions in a profound and meaningful way.



For some cool facts about the psychological effect of music, check out this video:

## 7 Interesting Psychological Facts About Music

<https://www.youtube.com/watch?v=HcFFwK4ot1k>



## Music in Judaism:

Rabbi Sacks shares the following idea about music:



*At the end of Devarim 31:19 it says:*

*“וְעַתָּה כְּתֹבוּ לָכֶם אֶת־הַשִּׁירָה הַזֹּאת וְלַמָּדָה אֶת־בְּנֵי־יִשְׂרָאֵל.....”*

*“So now write down this Song and teach it to the Children of Israel...”*

*“The Sages say that when Hashem tells us to write down the Song, it refers to the entire Torah. But why call it a song? Because to pass down our faith and way of life, it needs to touch our hearts. The Torah isn't just about rules; it's about connecting with our feelings. Music helps us do that. In Judaism, song is really important. We don't*

*just pray; we daven, singing our words to Heaven. And when we read the Torah, we chant it, giving each word its own special melody. Even though Judaism is full of words, when it talks about spiritual things, it often turns into song. Music reaches deeper than just our thoughts. To keep the Torah fresh for each new generation, we need to find new ways to sing its song. The words might stay the same, but the music can change.”*

Rabbi Sacks explains why it is important that we have music and song in our Jewish lives. Judaism requires needing to have both an intellectual understanding of the Torah and Mitzvot and also an emotional and spiritual connection to Hashem. Through music, we tap into a deeper dimension of our religious experience. We are able to express ourselves differently and praise Hashem in a way that is above words - in the way of a song.



On Pesach we celebrate leaving Egypt and becoming a nation. The first act the Jews do as they step into freedom is sing ‘Shirat Hayam’, that we read now on the last day of Pesach. There is even an entire section of the Seder that is dedicated to song and praise - the Hallel.

We see that Pesach, along with other holidays, is filled with praise and joy throughout the entire chag.



### Discussion Points:

- Does music inspire you?
- What's your favorite song? Why?
- What is your favorite Jewish song?
- How does music impact your mood and emotions?
- Have you ever experienced a strong memory triggered by a song?
- Is there a Chag that you feel most connected to through its songs?



### Ideas For Activities:

- Sing Off
- Sing Categories
- What's your Minhag

### Sing Off:

Split the Chanichim into two groups, in turn, each group needs to sing a song related to Pesach, going one at a time. The first group to run out of songs loses. (To make it more challenging you can count down from 10 when a group is taking time answering, they can't repeat a song that was already sung.)

### Song Categories:

Give out the words to the song 'Dror Yikra', every two lines of the song have a category listed next to it, the *chanichim* and *madrichim* who fit into that category will be the ones who sing that line. (make sure to choose a tune everyone knows):

Sing if you're the oldest in the family	דְּרוֹר יִקְרָא לְבֵן עִם בֵּת וַיִּנָּצְרְכֶם כְּמוֹ בִּבְת
Sing if you have blond hair	נָעִים שְׁמֶכֶם וְלֹא יִשְׁבֹּת שָׁבוּ נוּחוּ בְיוֹם שַׁבָּת
Sing if you have glasses	דְּרוֹשׁ נְוִי וְאוֹלָמִי וְאוֹת יִשַׁע עָשָׂה עִמִּי
Sing if you are afraid of dogs	נָטַע שׁוֹרֵק בְּתוֹךְ כְּרָמִי שָׁעָה שְׁוַעַת בְּנֵי עַמִּי
Everybody	דְּרוֹךְ פּוֹרָה בְּתוֹךְ בְּצִרָה וְגַם בְּכֵל אֲשֶׁר גָּבְרָה

Sing if you are wearing blue	נְחוּץ צָרִי בְּאַף עֲבֵרָה שְׁמַע קוֹלִי בְּיוֹם אֶקְרָא
Sing if you like the winter	אֲלֵקִים תָּן בְּמִדְבַּר הָרָר הַדָּס שְׁטָה בְּרוֹשׁ תִּדְהָר
Sing if you have a pet at home	וְלִמְזֵהִיר וְלִנְזֵהִר שְׁלוֹמִים תָּן כְּמִי נֶהֱרָ
Everybody	הַדּוֹךְ קָמִי חִי אֶל קָנָא בְּמוֹג לִבִּי וּבְמִגְנָה
Sing if you have a birthday in April	וְנִרְחִיב פֶּה וְנִמְלֵאנָה לְשׁוֹנֵנוּ לֶךְ רִנָּה
Sing if you are excited for Pesach	דְּעָה חֲכָמָה לְנִפְשֶׁךָ וְהִיא כְּתוּר לְרֹאשֶׁךָ
Everybody	נִצּוֹר מִצּוֹת קִדְשֶׁךָ שְׁמוֹר שַׁבָּת קִדְשֶׁךָ

### **A Shabbat Hagadol Minhag:**

On the Shabbat before Pesach, some families go over the Hagadah in order to prepare for the Seder. Have each Chanich share something special their family does on Pesach that others don't do.