



The Joy of Torah - For Life

## Parshas Bo - Healthy Regret!

Shmuz by Rabbi Shimon Max

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The pasuk in Parshas Bashalach (13,17) says "פְּנֵי-יָנָחַם הָעַם בְּרֵאֲתָם מִלְחָמָה וְשָׁבוּ" - "Maybe the nation will regret when they see war and return to Mitzrayim." Rashi says "They will regret leaving and they will give heart to return to Mitzrayim."

Rabbi Max asked - Why is the first part of Rashi necessary? If people get scared of war, they will want to run back to Mitzrayim simply out of fear. Why does it matter that they regretted leaving beforehand? The Gur Aryeh also explains Rashi and says "Meaning to say, that because Klal Yisrael would regret leaving Mitzrayim they **therefore** will return to Mitzrayim." So we see that the Gur Aryeh is also saying that it is precisely because they regretted leaving Mitzrayim that the Klal Yisrael would become frightened and want to go back. Why is that? Why would they want to go back only because they regretted leaving? Why wouldn't the fright of war alone be the cause for them to go back? We see from here that barring any feelings of regret, the Klal Yisrael would have undoubtedly had Bitachon in Hashem and fought the wars with courage. The problem the pasuk says would only happen if the feeling of "boy was I foolish to put myself in danger" would have crept in, as it can cause one to totally lose balance, and all the Bitachon he may have had otherwise can dwindle away and cause one to lose his innate strength of Bitachon to stand up to his fears. We see how important it is not to make true bad decisions in the first place. If wrong feelings of regret can be so painfully and paralyzing as what would have happened to the Jewish people in the desert; how much more so is there a danger when the regret is potentially very appropriate. We also see how important feelings of regret, even when appropriate, need to be felt in a healthy Torah way.