



# THE TRIBE SCRIBE

SHOFETIM: BODY GUARDS!

THE **TORAH** BEGINS BY TELLING US TO 'APPOINT JUDGES AND POLICE FOR YOURSELF AT ALL YOUR [CITY] ENTRANCES'. IT IS SO IMPORTANT TO MAKE SURE WE HAVE THE STRUCTURES IN PLACE FOR A JUSTICE SYSTEM.



AS WELL AS IT BEING VITAL TO MAKE SURE WE HAVE A JUST SOCIETY, OUR **RABBIS** EXPLAIN THAT THIS VERSE CAN ALSO BE UNDERSTOOD ON A PERSONAL LEVEL.

'APPOINT SAFEGUARDS AT YOUR PERSONAL ENTRANCES'. JUST LIKE WE NEED TO PROTECT THE SOCIETY THAT WE LIVE IN, WE ALSO NEED TO TAKE RESPONSIBILITY FOR OURSELVES AND THE BODY WE LIVE IN. HERE'S HOW...



WHAT AM I PUTTING IN MY MOUTH? IS IT NOURISHING MY BODY AND MY SOUL? AM I CHOOSING FOOD THAT IS **KOSHER** AND THAT IS HEALTHY FOR ME?



WHAT AM I LISTENING TO? AM I SPENDING TIME WITH PEOPLE WHO FIND FAULT WITH EVERYONE? AM I LISTENING TO GOSSIP?



WHAT IS COMING OUT OF MY MOUTH? ARE THEY KIND WORDS THAT WILL MAKE MY FRIEND'S DAY? AM I BEING CAREFUL NOT TO CRITICISE PEOPLE? AM I BEING CAREFUL NOT TO SPEAK **LASHON HARA**?

WHAT AM I LOOKING AT? AM I WATCHING OR READING APPROPRIATE CONTENT? AM I LOSING ENDLESS HOURS JUST SCROLLING?



BRING ON THE BODYGUARDS! BEING MINDFUL OF WHAT GOES IN AND COMES OUT OF OUR MOUTHS AND BEING AWARE OF OUR ENVIRONMENT HELPS US BOTH NOW AND IN THE FUTURE.



YOU'RE THE BODYGUARD AND YOU'RE THE BOSS! WHEN WE CHOOSE TO BE PROACTIVE AND TAKE CHARGE OF BOTH OURSELVES AND OUR SOCIETY, WE ALL BENEFIT. THANK GUARD!

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