

Respond to the “coronavirus plague” and work on *Yirat Shamayim* (fear of Heaven) by making sure to say at least 100 *brachot* every single day.

The Significance of 100 *Brachot* (Blessings) Every Single Day

In the days of David *HaMelech*, there was a terrible plague afflicting the Jewish nation, in which 100 people were dying each day. He decreed that the proper response should be to say at least 100 *brachot* every day. How appropriate it would be for us who are facing this new “coronavirus plague” today to respond by making sure to say at least 100 *brachot* every single day. G-d willing, this should help us to more deeply connect to G-d, which may be exactly the point of this crazy new virus.

In *Devarim* 10:12-13, Moshe tells the Jewish people – “And now Yisrael, what does G-d ask of you? **Only** that you should fear G-d, your L-rd, to walk in all His ways, to love Him, and to serve G-d, your L-rd, with all your heart and all your soul, to guard the *mitzvot* of G-d and His laws which I am commanding you today, for your good.”

The *Gemara Brachot* 33b raises an obvious difficulty with this verse – “Is *Yirat Shamayim* (fear of Heaven) really such a small thing?” as Moshe's declaration to the Jewish people seems to imply? And the *Gemara* answers that for Moshe, *Yirat Shamayim* is indeed a small thing.

But what about the rest of the Jewish people for whom *Yirat Shamayim*, as well as these other exalted tasks in the verse, are clearly no “small thing?” How will they be able to fulfill them all? The *Gemara Menachot* 43b tells us that this verse is also the basis for a special *halacha* which provides perhaps the most tangible tool we have for working on *Yirat Shamayim* on a daily basis, the requirement to say at least 100 *brachot* every day. In fact, the *Tzror HaMor* (one of the early *Acharonim*) in his commentary on the Torah makes this point explicitly –

“One who is careful to say at least 100 *brachot* every single day, it is considered as if he fulfilled – “you should fear G-d, your L-rd, to walk in all His ways, to love Him, and to serve G-d, your L-rd, and to guard His *mitzvot*.” He will thereby have fulfilled the entire Torah.”

And since it isn't so difficult for a person to say 100 *brachot* every single day, this explains how Moshe can so simply ask the entire Jewish people to do all of these exalted tasks.

This chart has been put together in order to help people to fulfill this quite significant, but unfortunately neglected area of *halacha*. It is being distributed as a *zechut* (merit) for the *illuy neshama* (spiritual elevation) of Ruchama Rivka *aleha hashalom* (*bat* Asher Zevulun).

May our fulfillment of this particularly significant *halacha* be a tremendous *zechut* for her, for us, and for all of the Jewish people.