My Pleasure!

**Pirkei Avos 4:2**

*…for the reward of a mitzvah is a mitzvah…*

**Rav**

*Since the enjoyment one had from performance of a mitzvah is itself a mitzvah.*

*One receives reward not only for the act of performing the mitzvah itself, but also for whatever enjoyment he derives from its performance.*

**#1  
Question: What are the dangers to physical pleasure?**

**#2  
Question: What are the benefits of physical pleasure?**

**#3  
Question: Is there virtue in abstaining from physical pleasure?**

**#4  
Blessing upon seeing fruit trees in bloom during the spring**

*Blessed are You, Hashem, our God, King of the Universe, for nothing is lacking in His universe, and He created in it good creatures and good trees, to cause mankind pleasure with them.*

**#5**  
**Talmud Yerushalmi, Kiddushin 4:11**  
*In the future one will be judged for all that his eyes saw and he didn't eat. Rabbi Lazer worried about this opinion and set aside money to eat from every kind once a year.*  
  
**Questions:   
Why would you be held accountable for not enjoying yourself?  
Why would God create a world with physical pleasures?  
Is pleasure an end it itself or is it the means to a greater goal?**

**Is there any spirituality behind physical pleasure?**

**#6**When people do things for others it is called an act of altruism. E.g. you teach your nephew to play chess, you visit sick people in hospitals etc.

**Question:**  
**Is there really such a thing as complete altruism or do people only do things because they get pleasure out of it or they desire to do so? (It feels good that your nephew knows how to play chess, it feels good that you were able to make sick people feel a little better, etc.)**

**#7**

**Question: What’s one thing you learned today that you can apply in your life?**