

**Remember...**

Lamentations 5:1

# Lamentations 5:1

זְכֹר יי מַה־הָיָה לָנוּ הַבֵּיטָה וּרְאֵה אֶת־חַרְפֵּתֵנוּ:.

.Remember, O LORD, what has befallen us; Behold, and see our disgrace!

# We ask G-d to remember...

Zohar Part 3, 112a/b

עַמִּי זְכַר-נָא מֶה-יַעַץ בָּלַק מֶלֶךְ מוֹאָב וּמֶה-עָנָה אֹתוֹ בְּלָעַם בֶּן-בְּעוֹר מִן-הַשִּׁטִּים.  
עַד-הַגִּלְגָּל לְמַעַן יֵדַעְתָּ צְדָקוֹת יי

."My people, Remember what Balak king of Moab, Plotted against you, And how Balaam son of Beor Responded to him. [Recall your passage] From Shittim to Gilgal— And you will recognize G-D's gracious acts."

# Internal and external

**.Remember**

**–Internal**

**.Forgetfulness**

**–External**

# What...

זְכוֹר יי מַה-הָיָה לָנוּ הַבִּיטָה וְרָאָה אֶת-חֶרְפָּתֵנוּ:.

.Remember, O LORD, **what**

**.The level of “What”**

–We were created in the image of G-d.

**.45 = מה**

**.45 = אדם**

–Nullification

וּפִילְגֶשׁוּ וְשֵׁמָּה רְאוּמָה.

–And his concubine, whose name was Reumah

–Reu – See

–Mah - What

# Baal Shem Tov

**.Remember Hashem WHAT**

- When talking to great sages of lofty spiritual levels**
- You should have the level of WHAT reveled!**
- The petition for Hashem is to let them feel this level**

**.Remember Hashem WHAT**

- When talking to simple people**
- You have this level reveled, because you give your life for Hashem even without understanding**

# See our disgrace

**.Talking to lofty people**

**–You should feel the disgrace your behavior causes!**

**.Talking to Hashem!**

**–You should see the disgrace Your people are suffering!**