HE KNOWS WHAT YOU TRULY NEED

BITACHON = HASHEM KNOWS THE WHOLE OF YOU

1

TODAY'S CORE · About 5 Minutes

MASHAL / SHORT STORY



Talia won her spelling bee, and everyone was so excited for her.

Her friends wanted to celebrate with pizza. Her teacher gave her a certificate in front of the whole class. Her mom planned a special dinner.

But Talia went straight to her room after school and closed the door.

Her mother knocked gently. “Aren’t you happy? You won!”

“I am,” Talia said. “But now everyone expects me to win again next time. And what if I don’t?”

Her mother sat on the edge of the bed. “Nobody else noticed that, did they?”

“No. They just saw the trophy.”

“That’s the thing about outside stuff,” her mother said. “People see what happened. They don’t always see what’s going on in here.” She touched Talia’s chest gently.

Talia looked down. “Does anyone see that part?”

“Hashem does,” her mother said. “Every single time. Not just what you did. What you’re feeling about it too.”

Talia was quiet for a moment. “That actually makes it easier.”

Her mother nodded. “It’s supposed to.”

2

BIG IDEA

PEOPLE USUALLY SEE WHAT HAPPENS TO YOU ON THE OUTSIDE. HASHEM SEES WHAT’S HAPPENING ON THE INSIDE TOO. THAT MEANS YOU NEVER HAVE TO EXPLAIN YOUR FEELINGS TO HIM. HE ALREADY KNOWS.



3

AVODAH

SAY OUT LOUD: “HASHEM KNOWS WHAT’S REALLY GOING ON INSIDE ME.” THEN THINK OF ONE FEELING YOU’RE HAVING TODAY THAT NOBODY ELSE KNOWS ABOUT, AND TELL HIM.

4

REMEMBER

OUTSIDE, INSIDE, HE SEES IT TRUE, HASHEM KNOWS THE WHOLE OF YOU.



🕐 HAVE MORE TIME?
PICK WHAT FITS TODAY (OPTIONAL)

TALK TOGETHER

1. Has there been a time you felt something nobody else noticed?
2. Why does it help to know Hashem sees your feelings, not just your actions?

FOR YOUNGER KIDS

👉 What’s a feeling you had today that you didn’t tell anyone about?

👉 Who do you like telling your feelings to?

👉 For younger kids: point to your head and say “outside stuff,” then point to your heart and say “inside stuff.” Repeat and speed up like a game.

ACTIVITY

Inside and Outside

1. Draw an outline of a person on paper.
2. Outside the outline, write or draw things people can see about you today (what you wore, what you did, how you looked).
3. Inside the outline, write or draw things only you know (a worry, a hope, something you’re proud of that nobody noticed).
4. Say together: “Hashem sees both sides.”
5. Talk about it: Was the inside or the outside easier to fill in? Why is it comforting that Hashem sees the inside part too?

ONE-SENTENCE TAKEAWAY

“Hashem knows how you feel, not just what you did.”

For older kids (ages 9-11): “Real understanding means knowing someone’s whole story, not just the parts everyone can see. Hashem knows your outside and your inside, so you never have to carry a feeling alone.”

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