



**מסכת אבות פרק ד משנה א: "איזהו גבור?"**



**The Mishna:**

Avot 4:1  
 Who is mighty?  
 He who subdues his [evil] inclination, as it is said: "He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city"  
 (Proverbs 16:32)

**המשנה:**

אבות ד, א  
 בן זומא אומר:  
 ..איזהו גבור?  
 הכובש את יצרו,  
 שנאמר: "טוב ארך אפים מגבור  
 ומשל ברוחו מלכד עיר"  
 (משלי טז, לב)...

**A short explanation on the Mishna:**

The Mishna defines a hero as a person who is able to conquer his instinct, i.e. that is to fight within oneself between the side that wants good and the side that pulls towards the negative, and to win.

The essence of heroism is the ability to fight and win; whether it is physical heroism, and even more so if it is spiritual heroism – in man's war against himself (while he is on both sides of the fence).

The Mishna quotes the verse in Proverbs which says that the highest level of heroism is to be "forbearing," to be patient. This is a greater level of heroism than a warrior who has captured a city. (Based on Rabbi Adin Even-Israel Steinsaltz commentary on Pirkei Avot, p. 199 , Courtesy of The Steinsaltz Center).

 **Level 1**

- **Revision.** of the Mishna with hand movements.



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 **Level 2**

- **Questions of understanding.** The Mishna – in a Hevruta.

(On the work page attached for the student)

 **Level 3**

- **Class discussion:** give an example of a person who subdues his [evil] inclination.” (What did the inclination ask from that person, and how did he subdue it?). Write the answers on the board.