

VAYISHLACH - Genesis 32:25-33

כה וַיִּתֵּר יַעֲקֹב לְבָדּוֹ וַיֵּאבֶּק אִישׁ עִמּוֹ עַד עֲלֹת הַשָּׁחַר: כו וַיֵּרָא כִּי לֹא יָכֹל לוֹ וַיִּגַע בְּכַף-יָרְכוֹ וַתִּקַּע כַּף-יָרֶךְ יַעֲקֹב בְּהֶאֱבָקוֹ עִמּוֹ: כז וַיֹּאמֶר שְׁלַחֲנִי כִּי עָלָה הַשָּׁחַר וַיֹּאמֶר לֹא אֲשַׁלְּחֶךָ כִּי אִם-בֵּרַכְתָּנִי: כח וַיֹּאמֶר אֵלָיו מַה-שְּׂמֶךָ וַיֹּאמֶר יַעֲקֹב: כט וַיֹּאמֶר לֹא יַעֲקֹב יֹאמֶר עוֹד שְׂמֶךָ כִּי אִם-יִשְׂרָאֵל כִּי-שָׁרִיתָ עִם-אֱלֹהִים וְעִם-אֲנָשִׁים וַתִּוְכַל: ל וַיִּשְׁאַל יַעֲקֹב וַיֹּאמֶר הַגִּידָה-נָא שְׂמֶךָ וַיֹּאמֶר לָמָּה זֶה תִּשְׁאַל לְשְׁמִי וַיְבָרֶךְ אֹתוֹ שֵׁם: [שְׁלִישִׁי] לֹא וַיִּקְרָא יַעֲקֹב שֵׁם הַמָּקוֹם פְּנִיאֵל כִּי-רָאִיתִי אֱלֹהִים פָּנִים אֶל-פָּנִים וַתִּנָּצַל נַפְשִׁי: לב וַיִּזְרַח-לוֹ הַשֶּׁמֶשׁ כַּאֲשֶׁר עָבַר אֶת-פְּנוּאֵל וְהוּא צִלַּע עַל-יָרְכוֹ: לג עַל-כֵּן לֹא-יֵאכְלוּ בְנֵי-יִשְׂרָאֵל אֶת-גִּיד הַנֶּשֶׂה אֲשֶׁר עַל-כַּף הַיָּרֶךְ עַד הַיּוֹם הַזֶּה כִּי נִגַּע בְּכַף-יָרֶךְ יַעֲקֹב בְּגִיד הַנֶּשֶׂה:

<sup>25</sup> Now Jacob was left alone, and a man wrestled with him until the rise of dawn. <sup>26</sup> When [the man] saw that he could not overcome him, he struck Jacob's hip-socket, so that Jacob's hip-socket was wrenched as [the man] wrestled with him. <sup>27</sup> Then he said, "Let me go; dawn is breaking!" but [Jacob] said, "I will not let you go unless you bless me!" <sup>28</sup> The other said to him, "What is your name?" and he said "Jacob." <sup>29</sup> "No more shall you be called Jacob, but Israel," said the other, "for you have struggled with God and with human beings, and you have prevailed." <sup>30</sup> Then Jacob asked, "Pray tell me now your name." But he said, "Why do you ask my name?" and then he took his leave of him. <sup>31</sup> Jacob therefore named that place Peni'el—"For I have seen *God face-to-face*, yet my life has been spared." <sup>32</sup> The sun shone on him as he was leaving Penu'el, and he was limping on account of his thigh. <sup>33</sup> To this day that is why the people of Israel do not eat the thigh muscle that is in the socket of the hip, because he struck Jacob's hip-socket at the thigh muscle.

## HAFTARAH

### Hosea 11:7-11

ז וְעַמִּי תִלְוֵאִים לְמִשׁוּבְתִי וְאֶל-עַל יִקְרְאוּהוּ יַחַד לֹא יְרוּמִם: ח  
אִיךָ אֶתְנֶנּוּ אֶפְרַיִם אֲמַגְנֶנּוּ יִשְׂרָאֵל אִיךָ אֶתְנֶנּוּ כְּאַדְמָה אֲשִׁימָךְ כְּצִבְאִים  
נְהַפְדֶּךָ עָלַי לְבִי יַחַד נִכְמְרוּ נְחוּמִי: ט לֹא אֶעֱשֶׂה חֲרוֹן אַפַּי לֹא אָשׁוּב  
לְשַׁחַת אֶפְרַיִם כִּי אֵל אֲנִכִּי וְלֹא-אִישׁ בְּקִרְבֶּךָ קָדוֹשׁ וְלֹא אָבוֹא בְּעִיר:  
י אַחֲרַי יְהוָה יֵלְכוּ כְּאַרְיֵה יִשָּׂאג כִּי-הוּא יִשָּׂאג וַיִּחְרְדוּ בָנִים מִיָּם:  
יא יִחְרְדוּ כְּצִפּוֹר מִמִּצְרַיִם וּכְיוֹנָה מֵאַרְץ אַשּׁוּר וְהוֹשְׁבֵתַיִם  
עַל-בְּתִיחֵם נְאֻם-יְהוָה:

<sup>7</sup> My people are bent on turning from Me; they invoke him [Baal] on the heights, but he cannot lift them up! <sup>8</sup> How can I give you up, Ephraim? How can I let you go, O Israel? How can I make you like Admah, or treat you like Zeboim? My heart has changed in Me, all My pity stirs. <sup>9</sup> I will not act upon My wrath, I will not turn to destroy Ephraim: for I am God and no mortal, the Holy One in your midst; I will not come with anger. <sup>10</sup> They shall follow the Eternal, who will roar like a lion; When God roars children shall flutter from the west. <sup>11</sup> They [shall come] from Egypt fluttering like a bird, from the land of Assyria [trembling] like a dove, and I will settle them in their homes, says the Eternal One.