



### The Root of the Mitzvah

The following are the words of the *Sefer Hachinuch* (387), when explaining the root of the mitzvah of guarding one's eyes and heart (from improper thoughts):

"My child, you should constantly remember the words of *Chazal* (*Avos* 4:5), 'Aveirah goreres aveirah' (sin leads to sin) and 'Mitzvah goreres mitzvah' (mitzvah leads to mitzvah). If you will succumb to your bad desires, it will lead you to succumb time and again. **On the other hand, if you will be strong and overcome your Yetzer Hara by refraining from forbidden gazing, it will make it easier for you to control yourself many times more!**

"These matters can draw a person as wine draws a drunkard. The more wine one drinks, the more it will draw him to drink more. And as long as he drinks, he will not get satiated. Only if he drinks water instead of wine will his desire for wine weaken.

"The same applies to every person. The more one gets accustomed to succumbing to his desires, the stronger his Yetzer Hara gets. On the other hand, **when one refrains from succumbing, he becomes a perpetually happy person.**"

The *Minchas Chinuch* comments on the above words: **"If you will place these words on your heart, you are fortunate!"**