



## Protecting Our Thoughts

### Introduction-Hirhur (Thoughts)

The Gemara derives from the *pasuk* (Bamidbar 15:39) “*V’lo sasuru acharei levav’chem v’acharei eineichem*, do not pursue the temptations of your heart and eyes” that one is prohibited to have *hirhurei aveirah*, thoughts of sin. This means that men and women are forbidden from thinking thoughts about sinful acts or even merely about forming a close relationship. (*Berachos 12b; Sefer Hachinuch, Mitzvah 387*)

There is also another *pasuk* (Devarim 23:10) that states, “*V’nishmarta mikol davar ra*, you should be vigilant to avoid all evil.” From here we derive that a man may not think any thought that can lead toward pitfalls. This prohibition includes both inappropriate thoughts and any act that can *lead one toward* inappropriate thoughts. (*Kesubos 46a; Avodah Zarah 20b*)