

What is a Man?

Ask the Rabbi

http://www.aish.com/atr/What_is_a_Man.html

In Hebrew, one of the words for “man” is “gever.”...which means to overcome or conquer....So a true man is one who overcomes. But overcomes what?

The Talmud (Avot 4:1) says: “Who is a ‘gibor,’ a mighty man? He who conquers his evil inclination.”

To explain: The evil inclination is the desire within each human being to follow physical passions. In other words, the desire to smoke, drink, eat and “be a womanizer”...

Life is full of challenges in these areas. No matter what level we’re on, there is always a new test awaiting us. Because the reason for our being here in the first place is to grow by overcoming these challenges.

Of course, we need to engage in the physical world. But we should not do so for its own sake; rather we infuse our physical experiences with an eye toward a higher, spiritual goal.