

בס"ד

5769 וירא

18:5 ואקחה פת לחם

"I will bring a piece (slice) of bread

וסעדו לבכם

and comfort (stay, sustain) your hearts"

Rashi tells us bread sustains the heart and that this is found in the three major divisions of the Bible (Tanach): in Torah תורה , Prophets נביאים and in the Writings כתובים

In Torah as given above, in Prophets, Judges 19:5 סעד לבך פת לחם "refresh your heart with a morsel of bread" and in the Writings, Psalms 104:15 ולחם לבב אנוש יסעד "and bread which sustains the heart of man"