

Hebrew Class Lesson: The Name *Noach* and the Echo Between Lamech and Hashem

Goal: Students see that the Hebrew text itself proves intentional design (one Author), understand the shorsh נ.ח.ם, and grasp why the same root can mean both “comfort” and “regret.”

Texts side by side

Lamech (Genesis 5:29)	Hashem (Genesis 6:6–7)
זֶה יִנְחָמֵנוּ מִמַּעַשְׁנוּ וּמִעֲצָבוֹן יָדִינוּ מִן־הָאֲדָמָה אֲשֶׁר אָרְרָה יְהוָה	וַיִּנָּחֶם יְהוָה כִּי־עָשָׂה אֶת־הָאָדָם בָּאָרֶץ וַיִּתְעַצֵּב אֶל־לְבוֹ ... מֵעַל פָּנָי הָאֲדָמָה ... כִּי נִחַמְתִּי כִּי עָשִׂיתִם

Key linguistic points

1. Shorsh נ.ח.ם (nacham)

- Basic idea: a deep sigh, an inner change of state.
- Can mean “to comfort / console” or “to regret / repent / relent.”
- English splits these into different words; Hebrew keeps them as one root because both involve an internal shift (from pain to ease, or from one decision to another).

2. Binyanim in the verses

- yenachamenu* (יִנְחָמֵנוּ) — Piel, imperfect, 3ms + 1cp suffix: “he will comfort us.”
 - vayinachem* (וַיִּנָּחֶם) — Niphal, wayyiqtol: “and He regretted / was comforted (to Himself).”
 - nichamti* (נִחַמְתִּי) — Niphal, perfect: “I have regretted.”
- The Niphal often has a reflexive or passive flavor; here it describes an internal movement in Hashem’s “heart.”

3. The four-word echo

- nacham* / *vayinachem* / *nichamti*
- ma’aseinu* / *asah* / *asitim*
- itzavon* / *vayit’atzev*
- adamah* / *adamah*

Same order, same roots. This is deliberate literary design, not the product of multiple authors.

4. Why the name *Noach* is vital

The name itself is from the root of rest/ease (*nach*). Lamech hoped for *menuchah* (rest) from the curse. Hashem answered with *nichum* that was actually regret and destruction. Students should note that without Hebrew, the connection disappears completely.

Classroom exercise

- Circle the four roots in both passages.
- Parse *yenachamenu* and *vayinachem*.
- Discuss: How can one root mean both comfort and regret? What does that teach about the nature of the “comfort” Lamech sought?

- Connect to Kohelet 12:13: the only lasting *nacham* is *yirat Hashem* and *shemirat mitzvot*.
- Takeaway for students**

The plow (or any technological/material comfort) cannot replace the relationship. The curses are a homing beacon. We refine ourselves as Adam by keeping the commandments. That is the path that does not lead to regret, but to true rest.