

**"And these are the days of the years of Avrohom's life, which he lived, a hundred years, and seventy years, and five years."  
(25:7)**

There is an apparent redundancy in the wording of this *posuk* "*days of the years*". It would suffice to have written "*the days of Avrohom's life*", or "*the years of Avrohom's life*" since days are obviously included in the years of one's life. We must therefore distinguish between the term "length of days and years" and "length of years". One who has been worthy of length of days and years is one whose every day has been exemplary, spent in serving Hashem. Contrary to this is the person whose days are squandered without any sense of accomplishment. Although he has reached old age, such an individual is only worthy of length of years. Every day of Avrohom's life was spent in the service of Hashem and the fulfillment of His *mitzvos*. Therefore, he was truly worthy of the term "the days of the years of Avrohom".