

****Make a copy of this document to use it to track your own
Mitzvah Journey****

Welcome to Temple Isaiah's Mitzvah Journey!¹ Celebrating your Bar/Bat/Brit Mitzvah means becoming responsible for your grownup actions. The Torah provides 613 Mitzvot which are a path to connect with God and your community, and to live a meaningful life with Jewish values and action. This Mitzvah program is designed to allow you to experience some of these joyful obligations of Jewish life.

Here is how it works:

Step One: Read through this guide. You'll find many different mitzvot, sorted into six categories:

1. Ethical/Environmental Mitzvot at Home
2. Ritual Mitzvot at Home
3. Mitzvot in Your Community
4. Mitzvot in Relation with Others
5. Mitzvot at Temple Isaiah
6. Mitzvot of Jewish Learning

Step Two: Select 12 Mitzvot to perform, ideally from a variety of categories. Keep track of your progress by filling in your "at-a-glance" checklist (page 11). Be sure to fill out a brief reflection (pages 12-17) for each mitzvah.

Step Three: Think about a mitzvah you would like to take on for an extended "mitzvah commitment" (aim for a mitzvah that is meaningful to you, to commit to at a level that feels significant to you and your family)

Step Four: Meet with Rachel Petroff Kessler 3-6 months before your date to share your experience trying different mitzvot and discuss plans for your mitzvah commitment

Step Five: Prepare for your Bar/Bat/Brit Mitzvah with a better understanding of what it means to live a life full of mitzvot!

If you have any questions at any point along the way, just ask! Rabbi Axler, Rabbi Plotkin, and Rachel Petroff Kessler are here to support you as you prepare for such a special experience and wonderful moment in your life.

¹ With gratitude to Temple Sinai and Shaarei Kehilah for their Mitzvah Program guides that provided inspiration and guidance.

A special note to parents:

You play a central role in the success of this Mitzvah Journey. Although it is your child who will be doing most of the work, your involvement is critical, including:

1. **Encouragement and Enthusiasm.** As a parent/caring adult in your child's life, your support and personal example are crucial. We hope this Mitzvah journey will be rewarding for the Bar or Bat Mitzvah and the family, and that your excitement will be contagious and foster community engagement.
2. **Guidance and Participation.** Family discussions can make the process of selecting mitzvot easier and help clarify difficult concepts. Some religious practices in home or in the synagogue are, above all, family experiences and cannot be done alone. Your willingness will make all the difference

Ethical/Environmental Mitzvot at Home

1. Respect your grownups.

Exodus 20:12

Honor your father and your mother, that you may long endure on the land that the Eternal your God is assigning to you.

שמות כ':י"ב

כְּבָד אֲתִ-אָבִיךְ וְאֲתִ-אָמָךְ לְמַעַן יָרְכֹּוּ יְמִיךְ
עַל הָאָדָמָה אֲשֶׁר-יְהֹוָה אֱלֹהִים נָתַן לְךָ:

2. Plant and care for a garden or trees.

Deuteronomy 20:19

When in your war against a city you have to besiege it a long time in order to capture it, you must not destroy its trees, wielding the ax against them. You may eat of them, but you must not cut them down. Are trees of the field human to withdraw before you into the besieged city?

דברים כ':י"ט

כִּי-תִצְׁרֹר אֶל-עִירִים רַבִּים רַבִּים לְחַלְׁחָם עַלְיכָה
לְתִפְשָׁה לְאִתְשְׁחִית אֲתִ-עָצָה? לְנַדְךָ עַלְיכָה
גַּרְזֵן כִּי מִמְנוּ תַּאֲכִל וְאַתָּה לֹא תִּכְרֹת כִּי
הָאָדָם עַז הַשְׁלָה לְבָא מִפְנֵיךְ בִּמְצֹור:

3. Care for your pet animal by taking on a new responsibility.

Gittin 62a

Rav Yehuda that Rav says: It is prohibited for a person to taste anything until he gives food to his animal, as it is stated in the verse: "And I will give grass in the field for your animals" (Deut. 11:15), and only afterward is it written in that verse: "And you shall eat and be satisfied."

גיטין ס"ב א

אמֵר רְבִי יְהוּדָה אָמֵר רְבִי אָסֹור לוּ לְאָדָם
שִׁיטָּעָם כָּלּוּם עַד שִׁיטָּן מִאֵל לְבַהֲמָתָה
שָׁנָאָמֵר (דְּבָרִים יא, טו) וּנְתַתִּי עַשְׁבָּ
בְּשָׁדָךְ לְבַהֲמָתָךְ וְהַדָּר וְאַכְלָת וְשַׁבָּעָת:

4. Work out a technique or plan to make your home a safer place.

Deuteronomy 22:8

When you build a new house, you shall make a parapet for your roof, so that you do not bring bloodguilt on your house if anyone should fall from it.

דברים כ"ב:ח'

כִּי תִבְנֵה בֵּית חֲרֵשׁ וְעַשְׂתִּי מַעֲקָה לְגַגָּךְ
וְלֹא-תִשְׁמַם דָּמָים בְּבַיִתְךָ כִּי-יַפְלֵל הַנִּפְלֵל
מִפְנֵךְ:

5. Find ways to reduce your environmental footprint.

Sefer HaCinuch, 529

This is the way of the pious and people of deeds: they will not waste even a mustard seed in the world, and they are distressed by any waste and destruction they see. [AJWS translation]

וזה דרך החסידים ואנשי מעשה,
ולא יאבדו אפילו גרגר של חרדל
בעוולם, ויצר עליהם בכל אבדון
והשחתה שיראו.

Ritual Mitzvot at Home

1. Try observing laws of kashrut.

Leviticus 11:3

any animal that has true hoofs, with clefts through the hoofs, and that chews the cud—such you may eat.

ויקרא י"א:ג
כל ז מפְרָסָת פְרָסָה ושְׁסָעַת שְׁסָעַת פְרָסָת
מעלת גָּרָה בְּבָהָמָה אֲתֶךָ תַּאכְלֵו:

2. Build a sukkah and dwell in it.

Leviticus 23:42-43

You shall live in booths seven days; all citizens in Israel shall live in booths, in order that future generations may know that I made the Israelite people live in booths when I brought them out of the land of Egypt, I the Eternal your God.

ויקרא כ"ג:מ"ב-מ"ג
בְּסֻכָּת תֵּשְׁבֹּו שְׁבָעַת יְמִים כֹּל-הָאָזְרָח
בְּיִשְׂרָאֵל יֵשְׁבּוּ בְּסֻכָּת: לְמַעַן יַדְעֻוּ דְּרָתֵיכֶם כִּי
בְּסֻכּוֹת הַוּשְׁבָתִי אַתִּבְנֵי יִשְׂרָאֵל בְּחֹזְצֵי
אָתֶךָ מְאָרֶץ מִצְרָיִם אַנְיִי יְהֹנָה אֱלֹהֵיכֶם:

3. Recite blessings before eating.

Berakhot 35a

Rabbi Akiva said: A person is forbidden to taste anything before he recites a blessing. The Sages taught: One is forbidden to derive benefit from this world, which is the property of God, without reciting a blessing beforehand.

ברכות ל"ה א
אמור רבי עקיבא: אסור לאדם שיטעום
כלום קודם שיברכה. תננו רבנן: אסור לו
לאדם שיבנה מון העולם זהה בלי
ברכה.

4. Recite blessings after eating.

Deuteronomy 8:10

When you have eaten your fill, give thanks to the Eternal your God for the good land which God has given you.

דברים ח:י
וְאָכְלָתָ וְשְׁבָעַת וּבְרָכָת אֲתִיהָנָה אֱלֹהֵיךְ
עַל-הָאָרֶץ הַטְּבָה אֲשֶׁר נִתְּנוּ לְךָ:

5. Take on a role in preparing and/or leading a Passover seder.

Exodus 13:8

And you shall explain to your child on that day, 'It is because of what the Eternal did for me when I went free from Egypt.'

שְׁמוֹת י"ג:ח'
וְהַנְּדָתָ לְבָנֶךָ בַּיּוֹם הַהוּא לְאָמֵר בַּעֲבוּר
זֶה עֲשָׂה יְהוָה לִי בְּצֹאתִי מִמִּצְרַיִם:

6. Remove and/or sell all leaven in your home before Passover.

Exodus 12:15

Seven days you shall eat unleavened bread; on the very first day you shall remove leaven from your houses, for whoever eats leavened bread from the first day to the seventh day, that person shall be cut off from Israel.

שְׁמוֹת י"ב:ט"ז
שְׁבָעַת יְמִים מַצּוֹת תַּאֲכִלוּ אֶת בַּיּוֹם
חֲרָאשׁוֹן תְּשַׁבְּתָו שֶׁאָר מִבְּתִיכֶם כִּי
כָּל-אֲכֵל חִמֵּץ וְנִכְרַתָּה הַנֶּפֶשׁ הַהוּא
מִיִּשְׂרָאֵל מִיּוֹם הַרְאָשָׁן עַד-יּוֹם הַשְׁבָעִי:

7. Observe the Passover food restrictions during the entire Festival.

Exodus 13:3

And Moses said to the people, "Remember this day, on which you went free from Egypt, the house of bondage, how the Eternal freed you from it with a mighty hand: no leavened bread shall be eaten.

שְׁמוֹת י"ג:ג'
וַיֹּאמֶר מֹשֶׁה אֶל-הָעָם זְכֹר אֶת-הַיּוֹם
הַזֶּה אֲשֶׁר יָצָאתֶם מִמִּצְרַיִם מִבֵּית
עֲבָדִים כִּי בְּחֵזֶק יְדֵ הַזְּבִיא יְהוָה אֶתֶּכָם
מִזֶּה וְלֹא יִאֲכֵל חִמֵּץ:

8. Recite kiddush regularly on Friday night.

Exodus 20:8

Remember the sabbath day and keep it holy.

שְׁמוֹת כ':ח'
זְכֹר אֶת-יּוֹם הַשְׁבָתָ לְקַדְשׁוֹ:

9. Learn and recite Havdalah at the end of Shabbat.

Mishneh Torah, Sabbath 29:1

It is a positive duty to express the sanctity of the Sabbath day in words, for it is written: "Remember to sanctify the Sabbath day" (Exodus 20:8); that is to say, remember it in terms of praise and sanctification. One should remember it at its beginning and its conclusion by reciting the *Kiddush* when the Sabbath begins and the *Havdalah* when it ends.

משנה תורה, הלכות שבת כ"ט:א'
מִצּוֹת עֲשָׂה מִן הַתּוֹרָה לְקַדֵּשׁ אֶת יוֹם
הַשְׁבָת בְּדִבְרִים שֶׁנְאָמָר (שְׁמוֹת כ' ח)
"זְכֹר אֶת יוֹם הַשְׁבָת לְקַדְשׁוֹ". כָּל-זֶה
זְכָרָה וְכִירָה שְׁבָח וְקַדּוֹשׁ. וְצָרִיךְ
לְזְכָרָה בְּכִנִּיסָתוֹ וּבִיצְיאָתוֹ. בְּכִנִּיסָתוֹ
בְּקַדּוֹשׁ הַיּוֹם וּבִיצְיאָתוֹ בְּהַבְדִּילָה:

10. Learn to bake challah.

Numbers 15:20

As the first yield of your baking, you shall set aside a loaf as a gift; you shall set it aside as a gift like the gift from the threshing floor.

במדבר ט:ו:כ'
רְאֵשֶׁת עַרְסַתְכֶם חִלָּה תְּרִימָה
כְּתָרִימָת גָּרוּן כְּנָתְרִימָו אֶתְהָ:

Mitzvot in Your Community

1. Work on a project that helps produce better government or civic improvement.

Pirkei Avot 2:4

Hillel said: do not separate yourself from the community.

משנה אבות ב':ד'
הָלֵל אָמֵר, אַל תִּפְרַשׂ מִן הָצְבָוָר

2. Work on the campaign of someone who you believe is a worthy political candidate.

Berakhot 55a:11

Rabbi Yitzhak said: One may only appoint a leader over a community if he consults with the community

ברכות נ"ה א:י"א
אָמַר רַבִּי יִצְחָק: אֵין מַעֲמִידִין פָּרָנָס עַל
הָצְבָוָר אֶלָּא אִם כֵּן נְמַלְכִים בָּצְבָוָר

3. Work to preserve the natural beauty of your neighborhood.

Taanit 23a:15

One day, he was walking along the road when he saw a certain man planting a carob tree. Honi said to him: This tree, after how many years will it bear fruit? The man said to him: It will not produce fruit until seventy years have passed. Honi said to him: Is it obvious to you that you will live seventy years, that you expect to benefit from this tree? He said to him: That man himself found a world full of carob trees. Just as my ancestors planted for me, I too am planting for my descendants.

תענית כ'ג א:ט'ו
יָמָא חַד הַהָּוָה אֹזֶל בָּאוֹרָחָא חֹזֵיה
לְהַהְוָא גַּבְרָא דְּהַהְוָה נִטְעָנָה חָרוֹבָא אָמַר
לִיהְיָה אֵד כַּמָּה שְׁנִינִין טַעַנְיָן אָמַר לִיהְיָה
עַד שְׁבָעִין שְׁנִינִין אָמַר לִיהְיָה פְּשִׁיטָא לְךָ
דְּחַיִּת שְׁבָעִין שְׁנִינִין אָמַר לִיהְיָה אֵי [גַּבְרָא]
עַלְמָא בָּחוֹרָבָא אַשְׁחַתְּתָה כִּי הַכִּי
דְּשַׁתְּלִי לִי אַבְהָתִי שְׁתַלְיִ נָמִי לְבָרָא

4. Work for or help support a charitable cause.

Deuteronomy 15:7-8

If, however, there is a needy person among you, one of your kinsmen in any of your settlements in the land that the Eternal your God is giving you, do not harden your heart and shut your

דברים ט'ז:ז-ח'
כִּי־יְהִי־בָּכֶם אֶבְיֹון מְאַחֵר אֶחָד בְּאַחֲרֵי
שְׁעָרֵיךְ בְּאָרֶץ אֲשֶׁר־יְהֹוָה אֱלֹהֵיכֶם נְתָן לְכֶם
לֹא תִּתְפַּצֵּץ אֶת־לְבָבְךָ וְלֹא תִּקְפְּצֵץ אֶת־יָדְךָ

hand against your needy kinsman. Rather, you must open your hand and lend them sufficient for whatever they need.

מאתיך האבון: כי-פתח תפוח את-ידך לו
והעט תעטינו כי מחסרו אשר יחר לו:

5. Volunteer at an organization serving older people.

Leviticus 19:32

You shall rise before the aged and show deference to the old; you shall fear your God: I am the Eternal.

ויקרא י"ט:ל"ב
מפניו שיבח פקום והדרת פניו זכה ויראת
מאלהיך אני יהוה

6. Organize a food or clothing drive for a local organization.

Deuteronomy 10:18-19

but upholds the cause of the fatherless and the widow, and befriends the stranger, providing him with food and clothing.— You too must befriend the stranger, for you were strangers in the land of Egypt.

דברים י:י"ח-י"ט
עשה משפט יתום ואלמנה ואהוב גור
למת לו לחם ושמלה: ואהבתם
את-הגר כי-గרים היותם בארץ מזרים:

7. Tutor a student.

Pirkei Avot 4:5

Rabbi Ishmael his son said: One who learns in order to teach, it is granted to them to study and to teach.

משנה אבות ד:ה
רבי ישמעאל בנו אומר, הלומד תורה על
מנת לומד, מספיקין בידו למד וללמד.

8. Help make an organization you are a part of more accessible to those with special needs.

Leviticus 19:14

You shall not insult the deaf, or place a stumbling block before the blind. You shall fear your God: I am the Eternal.

ויקרא י"ט:י"ד
לא-תתקלל חרש ולפניך עור לא תט
מכשל ויראת מאלהיך אני יהוה:

Mitzvot in Relation with Others

1. Demonstrate honesty even when it would be to your advantage to lie.

Leviticus 19:35-36

You shall not falsify measures of length, weight, or capacity. You shall have an honest balance, honest weights, an honest *ephah*, and an honest *hin*. I the Eternal am your God who freed you from the land of Egypt.

ויקרא י"ט:ל"ה-ל"ו
לא-תטענו עול במשפט במקה במשקל
ובמשקלך: מזני צדק אבניך-צדך איפת צדק
והיו צדק יήה לכם אני יהוה אלהיכם
אשר-הוא-את-מי-ארץ מזרים:

2. Make amends to someone you have harmed.

Mishneh Torah, Repentance 2:9

Transgressions between one person and another...those are never forgiven until he gives his fellow what he owes him, and [his fellow] is appeased. Even if he returned the money he owed his [fellow], he must appease him and ask him to forgive him. Even if he only perturbed his fellow verbally, he must make amends and meet with him until he forgives him.

משנה תורה, הלכות תשובה ב':ט'

אֲכָל עֲבֹרוֹת שּׁבֵין אָדָם לְחֶבְרוֹ... אַיִן נִמְחָל לֹא לְעוֹלָם עַד שִׁיטָּן לְחֶבְרוֹ מִה שָׁהוּא חִיב לֹ וַיַּרְאָהוּ. אַף עַל פִּי שְׁהַחַזֵּיר לוֹ מִמּוֹן שָׁהוּא חִיב לֹ אָרֵיךְ לְרַצּוֹת וְלַשְׁאֵל מִמּוֹן שִׁמְחָל לֹ. אֶפְלוּ לֹא חִנְנִית אֶת חֶבְרוֹ אֶלָּא בְּדָבָרִים צָרִיךְ לְפִיסּוֹ וְלִפְגַּע בּוֹ עַד שִׁמְחָל לֹ.

3. Help someone without expecting any reward or payment.

Pirkei Avot 1:3

Antigonus a man of Socho received [the oral tradition] from Shimon the Righteous. He used to say: do not be like servants who serve the master in the expectation of receiving a reward, but be like servants who serve the master without the expectation of receiving a reward, and let the fear of Heaven be upon you.

משנה אבות א':ג'

אַנְטִינְגָּנוֹס אִישׁ סָוְכוֹ קִבְּלָה מִשְׁמָעוֹן הַצָּדִיק. הַוָּא קָיָה אָוּמֵר, אֶל תָּהִיו כֻּבָּדִים הַמִּשְׁמָשִׁין אֶת קָרְבָּעַל מִנְתָּה לְקִבְּלָה פָּרָס, אֶלָּא הָוּ כֻּבָּדִים הַמִּשְׁמָשִׁין אֶת קָרְבָּעַל שְׁלָא עַל מִנְתָּה לְקִבְּלָה פָּרָס, וַיְהִי מֹרְאָה שָׁמִים עַליכֶם:

4. Make a special effort to be helpful to someone you don't like.

Exodus 23:5

When you see the ass of your enemy lying under its burden and would refrain from raising it, you must nevertheless raise it with him.

שמות כ':ג'

כִּי תַּرְאָה חָמָר שְׁנָאֵךְ רַבֵּץ פְּתַח מִשְׁאֹו וְחַדְלַתְתְּ מַעֲזֵב לֹא עַזְבְּתָעֶזֶב עָמֹו

5. Don't jump to conclusions about someone else.

Leviticus 19:15

You shall not render an unfair decision: do not favor the poor or show deference to the rich; judge your kinsman fairly.

וַיִּקְרָא י"ט:ט"

לֹא-תַעֲשֶׂה עֹזֶל בְּמִשְׁפָּט לֹא-תַשְׁׁאֵ פְּנִי-ךְלָל וְלֹא תַּהֲדֵר פְּנֵי גָּדוֹל בְּצִדְקָה תִּשְׁפַּט עִמִּתָּה:

6. Don't stand by when you see injustice happening in the world.

Leviticus 19:16

Do not deal basely with your countrymen. Do not stand idly by the blood of your fellow: I am the Eternal.

וַיִּקְרָא י"ט:ט"

לֹא-תַלְכֵד רַכְبֵּל בְּעִמְיכֶּךָ לֹא תַעֲמַד עַל-ךְם רַעַךְ אָנוֹ יְהֹוָה:

7. Return a lost article to its owner without receiving any reward.

Deuteronomy 22:1-2

If you see your fellow's ox or sheep gone astray, do not ignore it; you must take it back to your fellow. If your fellow does not live near you or you do not know who he is, you shall bring it home and it shall remain with you until your fellow claims it; then you shall give it back to him.

דברים כ"ב:א'-ב'
לֹא-תַּرְאָה אֶת-שׂוֹר אֲחֵךְ אֲנָא אֶת-שִׁזְוֹן
נְחִים וְהַתְּעַלְמָתְ מֵהֶם הַשְׁבָּתִים
לְאַחֲיךְ: וְאִם-לֹא קָרוּב אֲתַּיְךְ אֲלֵיכְ וְלֹא
יַדְעָתָנוּ וְאַסְפָּתָנוּ אֶל-תָּזַה בִּתְךְ וְהִיא עַמְּךָ
עַד דָּרְשָׁ אֲחֵיךְ אֶתְּוֹ וְהַשְׁבַּתָּו לְךָ:

8. Treat a stranger/visitor with special kindness and helpfulness.

Deuteronomy 10:19

You too must befriend the stranger, for you were strangers in the land of Egypt.

דברים י"י:י"ט
וְאַהֲבָתֶם אֶת-הָגֶר כִּי-גָרִים הָיִתֶם בָּאָרֶץ מִצְרַיִם:

9. Pay a shiva call.

Sotah 14a:3-4

The Holy Bountiful One comforted mourners, as it is written, 'After the death of Abraham, God blessed his son Isaac (Gen. 25:11);' so too you shall comfort mourners.

סוטה י"ד א:ט-י"ד
הקב"ה ניחם אבלים דכתיב (בראשית כה,
יא) ויהי אחרי מות אברהם ויברך אלהים
את יצחק בנו אף אתה ניחם אבלים

10. Visit a sick friend or relative.

Kitzur Shulchan Arukh 193:1-12

When a person becomes sick, it is the duty of every individual to visit them; for we find that the Holy Blessed One visits the sick.

קיצור שלחן ערוך קצ"ג:א'-י"ב
כשהלה adam מצוה על כל adam לבקרו,
שכן מצינו בהקדוש ברוך הוא שמבקר חולים

Mitzvot at Temple Isaiah

1. Help in building, repairing, or beautifying something in the synagogue.

Exodus 25:2,8

(2) Tell the Israelite people to bring Me gifts; you shall accept gifts for Me from every person whose heart so moves him. (8)
And let them make Me a sanctuary that I may dwell among them.

שמות כ"ה:ב',ח'
(ב) דֹבֶר אֱלֹהִים בְּנֵי יִשְׂרָאֵל וַיַּקְהֹלֵל תְּרוּמָה מִאֶת
כָּל-אִישׁ אֲשֶׁר יַדְבְּנֵנוּ לִפְנֵי תְּקֹהַן אֶת-תְּרוּמָתִי:
(ח) וְעַשׂו לִי מִקְדָּשׁ וּשְׁכִנּוּתִי בְּתוּכָם:

2. Lead part of the service for your grade in Kulanu.

Shulchan Arukh, Orach Chayim 62:5

The prayer-leader needs to make their voice heard with "Sh'ma Yisrael" so that the congregation will hear and declare the sovereignty of the Heavenly Name together.

אורח חיים ס"ב:ה'
צרייך ש"ז להسمיע קולו בשמע
ישראל כדי שישמעו הקהיל
וימליכו שם שמים ביחד:

3. Learn to blow the shofar, and help lead our congregation on the High Holy Days.

Leviticus 25:9

Then you shall sound the horn loud; in the seventh month, on the tenth day of the month—the Day of Atonement—you shall have the horn sounded throughout your land

ויקרא כ"ה:ט'
וְהַעֲבֹרָתָ שׁוֹפֵר תְּרוּעָה בְּחִדְשׁ הַשְׁבָעִי
בְּעַשְׂור לְחִנּוּשׁ בַּיּוֹם הַכְּפָרִים תְּעַבֵּר
שׁוֹפֵר בְּכָל־אֶרְצָם:

4. Attend Festival Services.

Deuteronomy 16:14

You shall rejoice in your festival, with your son and daughter, your male and female slave, the Levite, the stranger, the orphan, and the widow in your communities.

דברים ט"ז:י"ג
וְשָׁמַחַת בְּתַחַת אָفֻה וּבְנָה וּבְקָרֶב וּבְדָרֶךְ
וְאֶמְתָּח וְהַלּוּי וְתַגְאֵר וְהַיִתּוּם וְהַאֲלָמָנָה
אֲשֶׁר בְּשָׁעֵרִיךְ:

Mitzvot of Jewish Learning

1. Introduce themes and ideas of Jewish interest to be discussed by your family during a Shabbat meal.

Pirkei Avot 3:3

Rabbi Shimon said...if three have eaten at one table, and have spoken there words of Torah, [it is] as if they had eaten at the table of the All-Present, Blessed be God, as it is said, "And He said unto me, 'this is the table before the Eternal'" (Ezekiel 41:22).

משנה אבות ג':ג'
רַבִּי שְׁמֻעוֹן אֹמֵר...שֶׁלּוּשָׁה שָׁאכְלוּ עַל שְׁלֵחָן
אֶחָד וְאָמְרוּ עַלְיוֹ דְבָרֵי תּוֹרָה, כָּאֵלּוּ אָכְלוּ
מִשְׁלֵחָנוּ שֶׁל מָקוֹם בְּרוּךְ הוּא, שֶׁנִּאָמֵר: וַיֹּאמֶר
אֱלֹהִים הַשְּׁלֵחָן אֲשֶׁר לִפְנֵי הָ:

2. Set aside a regular time for the study of some Jewish subject with a parent or other adult.

Pirkei Avot 1:15

Shammai used to say: make your [study of the] Torah a fixed practice; speak little, but do much; and receive all men with a pleasant countenance.

משנה אבות א':ט"ו
שְׁמָאי אֹמֵר, עֲשֵׂה תּוֹרַתְךָ קָבֻעַ. אֹמֵר מַעַט
וְעַשֵּׂה כְּרָבָה, וְהַזְׁהִי מְקַבֵּל אֶת כָּל הָאָדָם
בְּסִכְרָ פָּנִים יִפּוֹת:

3. Read a book of Jewish interest.

Eruvin 54a

Rabbi Hiyya said that Rabbi Yochanan said... Why are the words of Torah compared to a fig tree? Just as with a fig tree the whole time a person tends to it, it bears fruit, the whole time a person studies the words of Torah the more pleasure he brings out from them.

עירובין נד.

א"ר חייא בר אבא א"ר יוחנן
...למה נמשלו דברי תורה כתנה?
מה ת Анаה זו כל זמן ש אדם ממשמש בה מוצא
בְּהַתְּנִינִים, אַף דְּבָרֵי תּוֹרָה כָּל זָמֵן שׁאַדְם
הוֹגֵה בְּהַנּוּ מִוּצָא בְּהַנּוּ טָעַם.

4. Learn about several Shabbat practices, and follow them for a month.

Pirkei Avot 1:17

Shimon, his son, used to say: all my days I grew up among the sages, and I have found nothing better for a person than silence. Study is not the most important thing, but actions

משנה אבות א':י"ז

שְׁמַעַן בָּנָנו אָמֵר, כִּל יְמִי גָּדְלָתִי בֵּין הַחֲכָמִים,
וְלֹא מִצְאָתִי לְגֹוף טוֹב אֶלָּא שְׁתִיקָה. וְלֹא
הַמִּזְרָשׁ הַוָּא הַעֲקָר, אֶלָּא הַמְּשֻׁשָּׁה

5. Study the weekly Torah portion and come up with several questions to discuss with your family.

Deuteronomy 6:7

Impress these [words of Torah] upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up.

דברים ו':ז'

וְשִׁנְגַּתְתָּם לִבְנֵיךְ וְדִבְרָתָם בְּשִׁבְתָּהּ בְּבִיטָחָה
וּבְלִכְתָּהּ בְּדָרְךְ וּבְשִׁכְבָּהּ וּבְקָוָתָהּ:

Remember: there are many more mitzvot and ways to explore your commitment to Judaism than those listed here! Don't hesitate to reach out and discuss other options if needed.

At-A-Glance Mitzvah Checklist

#	Date	Category	Action
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Making my Mitzvah Commitment

13	
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Mitzvah #1:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #2:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #3:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #4:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #5:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #6:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #7:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #8:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #9:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #10:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #11:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?

Mitzvah #12:

Category:

Date:

Describe in a few words or a sentence what you did to fulfill this mitzvah.

Why did you choose this mitzvah?

How did you feel?

What did you learn?
