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

Name:_____

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) and 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 Weiss, 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
כַּבֵּד אֶת־אָבִיךָ וְאֶת־אִמֶּךָ לְמַעַן יַאֲרִכֻן יָמֶיךָ
עַל הָאֲדָמָה אֲשֶׁר־יְהוָה אֱלֹהֶיךָ נֹתֵן לָךְ׃

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־תָצוּר אֶל־עִיר ׀ יָמִים רַבִּים לְהִלָּחֶם עָלֶיהָ
לְתָפְשָׂהּ לֹא־תַשְׁחִית אֶת־עֵצָהּ לִנְדֹּחַ עָלָיו
גַּרְזֶן כִּי מִמֶּנּוּ תֹאכֵל וְאֹתוֹ לֹא תִכְרֹת כִּי
הָאָדָם עֵץ הַשָּׂדֶה לָבֹא מִפָּנֶיךָ בַּמָּצוֹר׃

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
אמר רב יהודה אמר רב אסור לו לאדם
שיטעום כלום עד שיתן מאכל לבהמתו
שנאמר (דברים יא, טו) ונתתי עשב
בשדך לבהמתך והדר ואכלת ושבעת׃

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 תִבְנֶה בַּיִת חָדָשׁ וְעָשִׂיתָ מַעֲקֶה לְגַגֶּךָ
וְלֹא־תָשִׂים דָּמִים בְּבֵיתֶךָ כִּי־יִפֹּל הַנֹּפֵל
מִמֶּנּוּ׃

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]

וזהו דרך החסידים ואנשי מעשה, ולא יאבדו אפילו גרגר של חרדל בעולם, 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׳
כֹּל ו מַפְרֶסֶת פַּרְסָה וְשֹׁסַעַת שֶׁסַע֙ פְּרָסֹ֔ת מַעֲלַ֥ת גֵּרָ֖ה בַּבְּהֵמָ֑ה אֹתָהּ֙ תֹּאכֵֽלוּ׃

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
בַּסֻּכֹּ֖ת תֵּשְׁב֣וּ שִׁבְעַ֣ת יָמִ֑ים כָּל־הָאֶזְרָ֙ח֙ בְּיִשְׂרָאֵ֔ל יֵשְׁב֖וּ בַּסֻּכֹּֽת׃ לְמַ֨עַן֙ יֵדְע֣וּ דֹרֹתֵיכֶ֔ם כִּ֚י בַּסֻּכּ֣וֹת הוֹשַׁ֔בְתִּי אֶת־בְּנֵ֥י יִשְׂרָאֵ֖ל בְּהוֹצִיאִ֣י אוֹתָ֑ם מֵאֶ֣רֶץ מִצְרָ֔יִם אֲנִ֖י יְהוָ֥ה אֱלֹהֵיכֶֽם׃

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
אָמַר רַבִּי עֲקִיבָא: אָסוּר לְאָדָם שֶׁיִּטְעוֹם כְּלוּם קוֹדֶם שֶׁיְּבָרֵךְ. תָּנוּ רַבָּנַן: אָסוּר לוֹ לָאָדָם שֶׁיֵּהָנֶה מִן הָעוֹלָם הַזֶּה בְּלֹא בְּרָכָה.

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׳
וְאָכַלְתָּ֖ וְשָׂבָ֑עְתָּ וּבֵרַכְתָּ֙ אֶת־יְהוָ֣ה אֱלֹהֶ֔יךָ עַל־הָאָ֥רֶץ הַטֹּבָ֖ה אֲשֶׁ֥ר נָתַן־לָֽךְ׃

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.'

שמות י"ג:ח'
וְהִגַּדְתָּ לְבִנְךָ֖ בַּיּ֣וֹם הַה֑וּא לֵאמֹ֗ר בַּעֲב֛וּר
זֶ֥ה עָשָׂ֛ה יְהוָ֥ה לִ֖י בְּצֵאתִ֥י מִמִּצְרָֽיִם׃

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.

שמות י"ב:ט"ו
שִׁבְעַ֣ת יָמִ֗ים מַצּוֹת֙ תֹּאכֵ֔לוּ אַ֚ךְ בַּיּ֣וֹם
הָרִאשׁ֔וֹן תַּשְׁבִּ֥יתוּ שְׂאֹ֖ר מִבָּתֵּיכֶ֑ם כִּ֣י ו
כָּל־אֹכֵ֥ל חָמֵ֛ץ וְנִכְרְתָ֥ה הַנֶּ֖פֶשׁ הַהִ֑וא
מִיִּשְׂרָאֵ֔ל מִיּ֥וֹם הָרִאשׁ֖וֹן עַד־י֥וֹם הַשְּׁבִיעִֽי׃

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.

שמות י"ג:ג'
וַיֹּ֤אמֶר מֹשֶׁה֙ אֶל־הָעָ֔ם זָכ֞וֹר אֶת־הַיּ֣וֹם
הַזֶּ֗ה אֲשֶׁ֨ר יְצָאתֶ֤ם מִמִּצְרַ֙יִם֙ מִבֵּ֣ית
עֲבָדִ֔ים כִּ֣י בְחֹזֶ֤ק יָד֙ הוֹצִ֣יא יְהוָ֔ה אֶתְכֶ֖ם
מִזֶּ֑ה וְלֹ֥א יֵאָכֵ֖ל חָמֵֽץ׃

8. Recite kiddush regularly on Friday night.

Exodus 20:8
Remember the sabbath day and keep it holy.

שמות כ':ח'
זָכ֖וֹר אֶת־י֣וֹם הַשַּׁבָּ֑ת לְקַדְּשֽׁוֹ׃

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'
מִצְוַת עֲשֵׂה מִן הַתּוֹרָה לְקַדֵּשׁ אֶת יוֹם
הַשַּׁבָּת בִּדְבָרִים שֶׁנֶּאֱמַר (שמות כ ח)
"זָכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ". כְּלוֹמַר
זָכְרֵהוּ וְכִירַת שֶׁבַח וְקִדּוּשׁ. וְצָרִיךְ
לְזָכְרֵהוּ בִּכְנִיסָתוֹ וּבִיצִיאָתוֹ. בִּכְנִיסָתוֹ
בְּקִדּוּשׁ הַיּוֹם וּבִיצִיאָתוֹ בְּהַבְדָּלָה׃

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'
רֵאשִׁית֙ עֲרִסֹ֣תֵיכֶ֔ם חַלָּ֖ה תָּרִ֑ימוּ תְּרוּמָ֕ה
כִּתְרוּמַ֥ת גֹּ֖רֶן כֵּ֥ן תָּרִ֖ימוּ אֹתָֽהּ׃

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'
הִלֵּל אוֹמֵר, אַל תִּפָּרֵשׁ מִן הַצִּבּוּר

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

Berakhot 55a:11
Rabbi Yitzḥak 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 פַּרְנָס עַל
הַצִּבּוּר אֶלָּא אִם כֵּן נִמְלָכִים בַּצִּבּוּר

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. Ḥoni 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. Ḥoni 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
יומא חד הוה אזל באורחא חזייה
להההוא גברא דהוה נטע חרובא אמר
ליה האי עד כמה שנין טעין אמר ליה
עד שבעין שנין אמר ליה פשיטא לך
דחיית שבעין שנין אמר ליה האי [גברא]
עלמא בחרובא אשכחתיה כי היכי
דשתלי לי אבהתי שתלי נמי לבראי

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"ו:ז'-ח'
כִּֽי־יִהְיֶ֥ה בְךָ֛ אֶבְי֖וֹן מֵאַחַ֣ד אַחֶ֑יךָ בְּאַחַ֗ד
שְׁעָרֶ֙יךָ֙ בְּאַרְצְךָ֔ אֲשֶׁר־יְהוָ֥ה אֱלֹהֶ֖יךָ נֹתֵ֣ן לָ֑ךְ
לֹ֤א תְאַמֵּץ֙ אֶת־לְבָבְךָ֔ וְלֹ֥א תִקְפֹּ֖ץ אֶת־יָדְךָ֑

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

מֵאָחִיךָ הָאֶבְיוֹן: כִּי־פָתֹחַ תִּפְתַּח אֶת־יָדְךָ לוֹ וְהַעֲבֵט֙ תַּעֲבִיטֶ֔נּוּ דֵּ֖י מַחְסֹרוֹ֑ אֲשֶׁ֥ר יֶחְסַ֖ר לוֹ׃

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
מִפְּנֵ֤י שֵׂיבָה֙ תָּק֔וּם וְהָדַרְתָּ֖ פְּנֵ֣י זָקֵ֑ן וְיָרֵ֖אתָ מֵֽאֱלֹהֶ֔יךָ אֲנִ֖י יְהוָֽה

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
עֹשֶׂ֤ה מִשְׁפַּט־יָתוֹם֙ וְאַלְמָנָ֔ה וְאֹהֵ֥ב גֵּ֖ר לָתֵ֣ת לֽוֹ לֶ֑חֶם וְשִׂמְלָֽה׃ וַאֲהַבְתֶּ֥ם אֶת־הַגֵּ֖ר כִּי־גֵרִ֣ים הֱיִיתֶ֑ם בְּאֶ֖רֶץ מִצְרָֽיִם׃

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׳
רַבִּי יִשְׁמָעֵאל בְּנוֹ אוֹמֵר, הַלּוֹמֵד תּוֹרָה עַל מְנָת לְלַמֵּד, מַסְפִּיקִין בְּיָדוֹ לִלְמֹד וּלְלַמֵּד.

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
לֹא־תְקַלֵּ֣ל חֵרֵ֔שׁ וְלִפְנֵ֥י עִוֵּ֖ר לֹ֣א תִתֵּ֑ן וְיָרֵ֖אתָ מֵֽאֱלֹהֶ֔יךָ אֲנִ֖י יְהוָֽה׃

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
לֹא־תַעֲשׂ֥וּ עָ֖וֶל בַּמִּשְׁפָּ֑ט בַּמִּדָּ֥ה בַמִּשְׁקָ֖ל וּבַמְשׂוּרָֽה׃ מֹאזְנֵ֤י צֶ֙דֶק֙ אַבְנֵי־צֶ֔דֶק אֵיפַ֥ת צֶ֖דֶק וְהִ֣ין צֶ֑דֶק יִהְיֶ֥ה לָכֶ֖ם אֲנִ֣י יְהוָ֔ה אֱלֹהֵיכֶ֑ם אֲשֶׁר־הוֹצֵ֥אתִי אֶתְכֶ֖ם מֵאֶ֥רֶץ מִצְרָֽיִם׃

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׳
אֲבָל עֲבֵרוֹת שֶׁבֵּין אָדָם לַחֲבֵרוֹ...אֵינוֹ נִמְחָל לוֹ לְעוֹלָם עַד שֶׁיִּתֵּן לַחֲבֵרוֹ מַה שֶּׁהוּא חַיָּב לוֹ וִירַצֵּהוּ. אַף עַל פִּי שֶׁהֶחֱזִיר לוֹ מָמוֹן שֶׁהוּא חַיָּב לוֹ צָרִיךְ לְרַצּוֹתוֹ וְלִשְׁאל מִמֶּנּוּ שֶׁיִּמְחל לוֹ. אֲפִלּוּ לֹא הִקְנִיט אֶת חֲבֵרוֹ אֶלָּא בִּדְבָרִים צָרִיךְ לְפַיְּסוֹ וְלִפְגֹּעַ בּוֹ עַד שֶׁיִּמְחל לוֹ.

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׳
אַנְטִיגְנוֹס אִישׁ סוֹכוֹ קִבֵּל מִשִּׁמְעוֹן הַצַּדִּיק. הוּא הָיָה אוֹמֵר, אַל תִּהְיוּ כַּעֲבָדִים הַמְשַׁמְּשִׁין אֶת הָרַב עַל מְנָת לְקַבֵּל פְּרָס, אֶלָּא הֱווּ כַּעֲבָדִים הַמְשַׁמְּשִׁין אֶת הָרַב שֶׁלֹּא עַל מְנָת לְקַבֵּל פְּרָס, וִיהִי מוֹרָא שָׁמַיִם עֲלֵיכֶם:

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:ה׳
כִּי־תִרְאֶה חֲמוֹר שֹׂנַאֲךָ רֹבֵץ תַּחַת מַשָּׂאוֹ וְחָדַלְתָּ מֵעֲזֹב לוֹ עָזֹב תַּעֲזֹב עִמּוֹ

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.

ויקרא י״ט:ט״ו
לֹא־תַעֲשׂוּ עָוֶל בַּמִּשְׁפָּט לֹא־תִשָּׂא פְנֵי־דָל וְלֹא תֶהְדַּר פְּנֵי גָדוֹל בְּצֶדֶק תִּשְׁפֹּט עֲמִיתֶךָ:

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.

ויקרא י״ט:ט״ז
לֹא־תֵלֵךְ רָכִיל בְּעַמֶּיךָ לֹא תַעֲמֹד עַל־דַּם רֵעֶךָ אֲנִי יְהוָה:

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־תִרְאֶה֩ אֶת־שׁ֨וֹר אָחִ֜יךָ אוֹ אֶת־שֵׂ֗יוֹ
נִדָּחִים֙ וְהִתְעַלַּ֣מְתָּ מֵהֶ֔ם הָשֵׁ֥ב תְּשִׁיבֵ֖ם
לְאָחִֽיךָ: וְאִם־לֹ֨א קָר֤וֹב אָחִיךָ֙ אֵלֶ֔יךָ וְלֹ֣א
יְדַעְתּ֔וֹ וַאֲסַפְתּ֖וֹ אֶל־תּ֣וֹךְ בֵּיתֶ֑ךָ וְהָיָ֤ה עִמְּךָ֙
עַ֣ד דְּרֹ֣שׁ אָחִ֔יךָ אֹתוֹ֙ וַהֲשֵׁבֹתָ֖ן לֽוֹ׃

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"ט

וַאֲהַבְתֶּ֥ם אֶת־הַגֵּ֖ר כִּי־גֵרִ֣ים הֱיִיתֶ֑ם בְּאֶ֖רֶץ מִצְרָֽיִם׃

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 נחם 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

כשחלה האדם מצוה על כל אדם 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) דַּבֵּר֙ אֶל־בְּנֵ֣י יִשְׂרָאֵ֔ל וְיִקְח֥וּ־לִ֖י תְּרוּמָ֑ה מֵאֵ֤ת
כָּל־אִישׁ֙ אֲשֶׁ֣ר יִדְּבֶ֣נּוּ לִבּ֔וֹ תִּקְח֖וּ אֶת־תְּרוּמָתִֽי׃
(ח) וְעָשׂ֥וּ לִ֖י מִקְדָּ֑שׁ וְשָׁכַנְתִּ֖י בְּתוֹכָֽם׃

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׳
צריך ש"ץ להשמיע קולו בשמע
ישראל כדי שישמעו הקהל
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׳
וְהַעֲבַרְתָּ֞ שׁוֹפַ֤ר תְּרוּעָה֙ בַּחֹ֣דֶשׁ הַשְּׁבִעִ֔י
בֶּעָשׂ֥וֹר לַחֹ֖דֶשׁ בְּי֣וֹם ׀ הַכִּפֻּרִ֑ים תַּעֲבִ֕ירוּ
שׁוֹפָ֖ר בְּכָל־אַרְצְכֶֽם׃

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״ד
וְשָׂמַחְתָּ֖ בְּחַגֶּ֑ךָ אַתָּ֣ה וּבִנְךָ֗ וּבִתֶּךָ֙ וְעַבְדְּךָ֣
וַאֲמָתֶ֔ךָ וְהַלֵּוִ֥י וְהַגֵּ֛ר וְהַיָּת֥וֹם וְהָאַלְמָנָ֖ה
אֲשֶׁ֥ר בִּשְׁעָרֶֽיךָ׃

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 God said unto me, 'this is the table before the Eternal'" (Ezekiel 41:22).

משנה אבות ג׳:ג׳
רַבִּי שִׁמְעוֹן אוֹמֵר...שְׁלֹשָׁה שֶׁאָכְלוּ עַל שֻׁלְחָן
אֶחָד וְאָמְרוּ עָלָיו דִּבְרֵי תוֹרָה, כְּאִלּוּ אָכְלוּ
מִשֻּׁלְחָנוֹ שֶׁל מָקוֹם בָּרוּךְ הוּא, שֶׁנֶּאֱמַר :וַיְדַבֵּר
אֵלַי זֶה הַשֻּׁלְחָן אֲשֶׁר לִפְנֵי ה׳:

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
שַׁמַּאי אוֹמֵר, עֲשֵׂה תוֹרָתְךָ קֶבַע. אֱמֹר מְעַט
וַעֲשֵׂה הַרְבֵּה, וֶהֱוֵי מְקַבֵּל אֶת כָּל הָאָדָם
בְּסֵבֶר פָּנִים יָפוֹת:

3. Read a book of Jewish interest.

עירובין נד.
א"ר חייא בר אבא א"ר יוחנן
...למה נמשלו דברי תורה כתאנה?
מה תאנה זו כל זמן שאדם ממשמש בה מוצא בה תאנים, אף דברי תורה כל זמן שאדם הוגה בהן מוצא בהן טעם.

Eruvin 54a
Rabbi Hiyya said that Rabbi Yochenan 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.

4. Learn about several Shabbat practices, and try them out.

משנה אבות א׳:י״ז
שִׁמְעוֹן בְּנוֹ אוֹמֵר, כָּל יָמַי גָּדַלְתִּי בֵין הַחֲכָמִים, וְלֹא מָצָאתִי לַגּוּף טוֹב אֶלָּא שְׁתִיקָה. וְלֹא הַמִּדְרָשׁ הוּא הָעִקָּר, אֶלָּא הַמַּעֲשֶׂה

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

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

דברים ו׳:ז׳
וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשָׁכְבְּךָ וּבְקוּמֶךָ׃

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.

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 **Name:_____**

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

Making my Mitzvah Commitment

13	

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?