



All of the service of Hashem is dependent upon the improvement of one's character traits.

Vilna Gaon - Even Shleima, Chapter 1

***Bitachon Module
Packet 2***

ברוך הגבר אשר יבטח בה' והיה ה' מבטחו.

Blessed is he who trusts Hashem; Hashem shall be his trust.

Yirmiya/Jeremiah 17:7

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Contact Information

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Edison, NJ 08817

Use of Material

The material in this *ACTT Module Packet* is intended for the use of the ACTT organization’s members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

Version 20090517

ACTT Bitachon Module – Packet 2

Specific Goal Suggested for *Bitachon 2* Module

To reduce anxiety in one's daily life, especially from less significant situations, by realizing that everything comes from Hashem and it is all for the good.

General Goal of *Bitachon* Module

To develop and internalize total Trust in G-d in all aspects of my life that results in true peace of mind and authentic joy.

Module Duration

This module is part 2 of the *Bitachon* series and will last for 98 days.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at www.actt613.org
- Fill out the “ACTT *Bitachon 2* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet's Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Bitachon* activity/action in your “ACTT *Bitachon 2* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed*, *Judging Favorably*, *Kavanah During Davening*, *Hakaras HaTov*, *Anger Management for Positive Results*, and *Shmiras HaLashon* modules) in your “ACTT *Bitachon 2* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Bitachon 2* kickoff event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Bitachon Resources

The following are some resources for learning about *Bitachon*:

- [The Garden of Emuna - A Practical Guide to Life](#) by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- [You Can Learn Bitachon - Trust in G-d](#) by Yeshiva Zichron Eliezer; Hamatik Printing
- [Duties of the Heart - Chovos ha-Levavos](#) (Volume 1 – Section 4: The Gate of Trust in G-d) by R. Bachya ben Joseph ibn Paquda; Feldheim Publishers; ISBN: 1-58330-432-0
- [Faith & Trust \(Emunah Ubitachon\)](#) by the Chazon Ish, Translated by Yaakov; The Judaica Press; ISBN: 9789657452004
- [Faith at Work – Building a Life of Bitachon](#) tapes by Rabbi Ephraim Wachsman; The Chofetz Chaim Heritage Foundation (CCHF), tel# 866-593-8399
- Several Bitachon and Emuna audio shiurim by Rabbi BenTzion Shafier at www.TheShmuz.com

The Mitzvah of Emunah from Growing Each Day – Adar 24

by Rabbi Abraham J. Twerski

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from: http://www.aish.com/spirituality/growing/Ged_Archive.asp?s=emunah

I am your G-d Who has delivered you from the land of Egypt (Exodus 20:2).

This verse states the *mitzvah* of *emunah*, or faith in G-d. However, since all *mitzvos* take the form of commandments, they take as a given that Someone exists Who commanded them. Therefore, belief in G-d must come before accepting any *mitzvah*. How, then, can there be a *mitzvah* to believe in G-d? The reasoning comes out circular. Because we believe in G-d, we believe that He commanded us to believe in Him.

This *mitzvah* does not only involve believing that G-d exists, but believing that G-d rules the universe and is in charge of its functioning. Thus, the first of the Ten Commandments tells us to believe in Divine Providence, that G-d attends to the operation of the universe and that things do not occur accidentally or spontaneously. Therefore, the first commandment does not state, "I am your G-d Who created the universe," because creation of the universe does not assume an ongoing participation in its function.

Some believe that G-d, after creating the universe, abandoned it to the physical laws of nature. Judaism teaches that G-d continues His interest in everything that happens in the universe. With the exception of free moral choice, which G-d has delegated to us, everything that occurs in the universe is of Divine origin, although He may operate through the vehicle of the physical laws of nature.

We maintain our relationship to G-d, to a Father Who not only begot us, but remains involved in our lives.

Today I shall ...

... try to remember that G-d is not only present everywhere, but that He maintains a constant participation in everything that transpires in the universe.

Emunah and Bitachon: The Foundation of Serenity

The following is reproduced with the permission of ArtScroll / Shaar Press, New York, from pages 91-92 of Serenity - Formulas, stories, and insights by Rabbi Zelig Pliskin; ISBN: 1-57819-487-3

Awareness that the Almighty loves you, cares about your welfare, and orchestrates events in your life for your ultimate benefit is a powerful foundation upon which to build your life. Integrating *emunah* (awareness of the Almighty) and *bitachon* (trust in Him) results in a life of joy and serenity.

What will be in the future? Of course, you do not know the details. But *emunah* and *bitachon* give you the realization that what happens is meaningful and purposeful. You calmly face the challenges of the present and the future with an inner peace of mind. Those who demand that events must turn out exactly as they wish will feel nervous. What if things fail to work out that way? But those who wisely take action and at the same time leave the outcome to the infinite wisdom of their loving Father do have peace of mind.

How can you tell when you need to upgrade your level of *emunah* and *bitachon*? Your nervous system provides feedback. View anxiety and nervousness as a message, "Time to elevate your level of *emunah* and *bitachon*." Do not be upset by this. That surely is not very helpful. Rather, be appreciative of the feedback. The message you receive is immensely valuable.

"I have a great teacher for humility," the esteemed Rabbi told his students. "It's my nervous system. Whenever it registers anxiety because of worrisome thoughts, it teaches me that I have not yet reached the spiritual level that I strive for. While I would prefer to be on a higher level, I am grateful for a lesson in reality."

Reb Zusia's Absolute Bitachon

The following is a famous story about Reb Zusia of Anipoli:

A person once came to Reb Zusia's teacher, the Maggid of Mezerich, and asked him how can the Gemorah say that one has to say the Bracha on hearing bad news (Baruch Dayan HaEmet) with the same joy as when saying the Bracha upon hearing good news (HaTov VeHaMeitiv)? (Talmud Bavli, Tractate Brachos 54a). How is it possible to have the same joy upon hearing bad news as when hearing good news? The Maggid told him to go ask the question to his attendant, Reb Zusia.

The person found Reb Zusia and asked him the question. Reb Zusia replied "You must have the wrong person." The person then asked, "You are Reb Zusia, right?" Reb Zusia answered, "Yes!" Puzzled, the person remarked, "The Maggid said that you could answer the question concerning how one can say the Bracha over bad events with the same joy as a Bracha over good events." Reb Zusia responded, "Then you must surely have the wrong person." The person asked, "Why?" Reb Zusia answered, "Because I never understood that statement either. You see, nothing bad has ever happened to me."

This was the same Reb Zusia who had no money, no clothes and no teeth. He had absolute Bitachon in Hashem and knew that whatever happened to him was for the good.

ACTT Module Packet Appendix



ACTT Commitment Form – *Bitachon* 2 Module

Remember, it is better to commit to less – you can always do more!

Please PRINT all information

This commitment does not constitute a vow; I am doing the following, bli neder

From ___/___/___ To ___/___/___

In memory of _____

As a zechus for:

a refuah shelaimah for _____

a shidduch for _____

parnassa for _____

other _____

- ___ *Bitachon act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
 - ___ *Ahavas Chesed act(s)* *daily* or *weekly*
 - ___ *Judging Favorably act(s)* *daily* or *weekly*
 - ___ *Kavanah During Davening act(s)* *daily* or *weekly*
 - ___ *Hakaras HaTov act(s)* *daily* or *weekly*
 - ___ *Anger Management for Positive Results act(s)* *daily* or *weekly*
 - ___ *Shmiras HaLashon for Positive Results act(s)* *daily* or *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Bitachon 2* Learning Schedule Book (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

☺ *Be happy with your ability to Improve Yourself and Grow!* ☺

Please email form: commitment@actt613.org or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some Ideas for Acts of Chesed were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 2) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 3) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) Some of the ideas for Bitachon were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush
- 5) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

IDEAS FOR BITACHON

<p>Trust that whatever Hashem does is for your good Believe that if Hashem wants, He can solve your problem this very minute Realize that Hashem forgets no one and that He loves each of His creations Ask Hashem to help you pray, to teach you how to pray, to open your mouth in prayer Internalize that success is from Hashem and if you turn to Him sincerely, He will certainly help you succeed if it is in your best interest Acknowledge that Hashem knows what is best for you, more than you yourself know</p>	<p>Believe that there is no one but Hashem and that no one can do you harm against Hashem's will Acknowledge that just as Hashem has helped you many times in the past, He will help you again now Trust that whatever happened is what Hashem wanted to happen and that it is in your best interest Accept that the amount of money that you will make has been decreed by Hashem and have peace of mind that you will get exactly what you are supposed to get</p>
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IDEAS FOR ACTS OF CHESED

<p>Offer to run an errand for a friend Cheerfully greet someone Bake an unexpected treat for a friend Remember someone's birthday Call someone going thru a difficult time Leave a friendly note for a family member Listen patiently to others Clean up after dinner without being asked Call someone who lives alone Greet everyone you see with a smile Introduce yourself to someone Apologize for something you've done Take out the garbage without being asked</p>	<p>Give someone an unexpected compliment Spend time with a child with a disability Help strangers in shul feel welcome Take an elderly person shopping Pay attention to what people are saying Spend quality time with family & friends Call or visit someone who is sick Cook a meal for a person in need Visit someone who may be lonely Call someone you haven't spoken to in a while Say thanks - no matter how small the deed Help a child with his / her homework Compliment someone who helps you</p>	<p>Give someone an encouraging note When asked to do something, respond right away in a cheerful and willing manner Drive someone to the doctor Help out family members even if you're busy Help someone find a job Buy a gift for a loved one for no reason Greet everyone with a pleasant "good morning" Write a letter to an elderly person Take a neighbor's garbage cans in from the curb Call someone who recently lost a loved one Congratulate siblings on recent accomplishments</p>
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ACTT Activity/Action Ideas (continued)

IDEAS FOR JUDGING FAVORABLY

Don't jump to conclusions
 Judge your neighbor's actions favorably
 "Judge your fellow man fairly" (Leviticus 19:15)
 Look for a possible explanation in another's behavior
 Give your friend the benefit of the doubt
 Look for the good in others
 "Judge all people to the side of merit" (Ethics of the Fathers 1:6)
 Think about "Love your neighbor like yourself", and apply it to others. We all find excuses for ourselves.

Realize that your friend did not see you carrying packages when he/she passed by
 Remember, it could be a miscommunication...
 Are we missing any facts?
 Look for people's strengths
 Remember, things are not always what they seem!
 Try to explain... not complain about other people's actions
 Focus on solutions - not recriminations
 Remember the excuses one makes for oneself - apply these excuses to the one who wronged you

IDEAS FOR IMPROVING KAVANAH DURING DAVENING

Meditate for 5 minutes before davening
 Write translations to difficult words in your siddur
 Think about all Hashem has given you
 Say the words, "I am standing before Hashem" out loud
 Remember that Kavanah During Davening is a Halachik requirement of prayer
 Pronounce each word slowly and clearly
 Use a siddur, even for Tefillos you know by heart
 Establish a specific place for davening
 Concentrate for 3 seconds on each word of a specific tefillah

Learn the meanings of words you do not know
 Select one prayer a week to say with more kavanah
 Write down your favorite phrases from davening and focus on them when you daven
 Arrive before the minyan begins to daven and be ready when they start
 When davening at home, remove distractions from around you
 Select one word a day to say with more kavanah
 Select one phrase a day to say with more kavanah
 Before you start to daven, review what Hashem has given you in the last 24 hours

IDEAS FOR HAKARAS HATOV

Recognize the good that you possess
 Appreciate what you do have rather than what you do not have
 Acknowledge that what you possess is a gift, not something you deserve
 Develop the habit of saying thank you for everything you receive, both big and small
 Realize that everything comes from Hashem and is for your good, then thank Him
 Always see the glass as being half full and be thankful
 Focus on developing an attitude of gratitude
 Appreciate the good that a family member does for you and say thank you
 Appreciate the good that a friend does for you and say thank you
 Appreciate the good that a colleague does for you and say thank you
 Appreciate the good that strangers do for you and say thank you

Write a thank you note to express your appreciation
 Make a telephone call to express your appreciation
 Give a gift to express your appreciation
 Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper
 Thank the school bus driver
 Thank your teacher, thank your child's teacher
 Thank the mail carrier for delivering the mail
 Say *Modeh Ani* each morning with great feeling
 Reflect on *Modim Anachnu Lach* in *Shmoneh Esrei*
 Thank Hashem for every breath that you take



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT	
<p>In the past, when you have been able to overcome anger quickly, how did you do it? Learn from people who are able to remain calm in situations that get you angry Learn from people who are able to let go of their anger easily Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc. When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly When you are about to get angry because of something that someone did to you, focus on some good quality of that person</p>	<p>Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc. Meditate on: "Ein od milvado - There is nothing else besides G-d" When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it When you are about to get angry, ask yourself, "How important is this in my life?"</p>
IDEAS FOR SHMIRAS HALASHON	
<p>Think before speaking Pause to think about what to say and how to say it before responding to someone Give each person the benefit of the doubt Train yourself to avoid judging others Think positive thoughts and avoid negative thoughts Stay calm and avoid getting angry Avoid joking around that could lead to making fun of others Develop a character of humility - avoid arrogance</p>	<p>Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day Never give up hope of one's ability to guard one's tongue Accept the idea that it is possible to speak without gossiping Train yourself to avoid complaining about others Learn the laws of Shmiras HaLashon Walk away from a group that is speaking Lashon Hara If someone starts speaking Lashon Hara to you, respectfully ask them to stop Realize and say to yourself: "It's Not That Important"</p>



ACTT Daily Activity Log – *Bitachon* 2 Module

Abbreviations: 1) GoE = The Garden of Emuna - A Practical Guide to Life by Rabbi Shalom Arush; 2) B = *Bitachon*; 3) AC = *Ahavas Chesed*; 4) JF = *Judging Favorably*;
5) KDD = *Kavanah During Davening*; 6) HT = *Hakaras HaTov*; 7) AM = *Anger Management*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions					
Day	m/d/08	√	GoE	x	√
				√	B: Trusted that whatever Hashem does is for my good; and/or AC: Helped someone find a job; and/or JF: Did not
				√	jump to conclusions; and/or KDD: Meditated for 5 minutes before davening; and/or HT: thanked a friend for their
				√	thoughtfulness; and/or AM: Took a brisk walk to release anger; and/or SL: Paused to think before speaking
Note: Below is the suggested reading from the <i>Bitachon</i> module’s new source book, <u>The Garden of Emuna - A Practical Guide to Life</u>					
Mon	05/25/09		GoE	19-21	
Tue	05/26/09		GoE	22-24	
Wed	05/27/09		GoE	24-26	
Thu	05/28/09		GoE	26-28	
Fri	05/29/09		GoE	29-31	
Sat	05/30/09		GoE	31-33	
Sun	05/31/09		GoE	33-34	
Mon	06/01/09		GoE	34-37	



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Tue	06/02/09	GoE	37-42		
Wed	06/03/09	GoE	42-43		
Thu	06/04/09	GoE	43-45		
Fri	06/05/09	GoE	45-47		
Sat	06/06/09	GoE	47-50		
Sun	06/07/09	GoE	51-53		
Mon	06/08/09	GoE	54-55		
Tue	06/09/09	GoE	55-57		
Wed	06/10/09	GoE	57-59		
Thu	06/11/09	GoE	60-62		
Fri	06/12/09	GoE	63-65		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sat	06/13/09		GoE	65-67		
Sun	06/14/09		GoE	68-69		
Mon	06/15/09		GoE	69-71		
Tue	06/16/09		GoE	72-73		
Wed	06/17/09		GoE	74-76		
Thu	06/18/09		GoE	76-78		
Fri	06/19/09		GoE	78-81		
Sat	06/20/09		GoE	81-84		
Sun	06/21/09		GoE	85-86		
Mon	06/22/09		GoE	86-88		
Tue	06/23/09		GoE	88-90		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Wed	06/24/09		GoE	90-92		
Thu	06/25/09		GoE	92-95		
Fri	06/26/09		GoE	95-97		
Sat	06/27/09		GoE	98-100		
Sun	06/28/09		GoE	101-102		
Mon	06/29/09		GoE	102-104		
Tue	06/30/09		GoE	104-107		
Wed	07/01/09		GoE	107-110		
Thu	07/02/09		GoE	110-112		
Fri	07/03/09		GoE	112-113		
Sat	07/04/09		GoE	113-115		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sun	07/05/09		GoE	116-117		
Mon	07/06/09		GoE	117-119		
Tue	07/07/09		GoE	120-122		
Wed	07/08/09		GoE	122-123		
Thu	07/09/09		GoE	124-125		
Fri	07/10/09		GoE	126-127		
Sat	07/11/09		GoE	127-130		
Sun	07/12/09		GoE	130-133		
Mon	07/13/09		GoE	133-137		
Tue	07/14/09		GoE	137-139		
Wed	07/15/09		GoE	139-140		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Thu	07/16/09		GoE	141-143		
Fri	07/17/09		GoE	143-145		
Sat	07/18/09		GoE	145-147		
Sun	07/19/09		GoE	147-148		
Mon	07/20/09		GoE	148-150		
Tue	07/21/09		GoE	150-152		
Wed	07/22/09		GoE	152-154		
Thu	07/23/09		GoE	154-157		
Fri	07/24/09		GoE	157-159		
Sat	07/25/09		GoE	161-162		
Sun	07/26/09		GoE	162-165		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Mon	07/27/09		GoE	165-167		
Tue	07/28/09		GoE	167-170		
Wed	07/29/09		GoE	170-172		
Thu	07/30/09		GoE	172-174		
Fri	07/31/09		GoE	174-175		
Sat	08/01/09		GoE	175-177		
Sun	08/02/09		GoE	177-179		
Mon	08/03/09		GoE	181-183		
Tue	08/04/09		GoE	183-185		
Wed	08/05/09		GoE	185-186		
Thu	08/06/09		GoE	187-189		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Fri	08/07/09		GoE	189-191		
Sat	08/08/09		GoE	192-194		
Sun	08/09/09		GoE	194-195		
Mon	08/10/09		GoE	195-198		
Tue	08/11/09		GoE	198-200		
Wed	08/12/09		GoE	200-203		
Thu	08/13/09		GoE	203-206		
Fri	08/14/09		GoE	206-208		
Sat	08/15/09		GoE	208-209		
Sun	08/16/09		GoE	209-213		
Mon	08/17/09		GoE	214		



ACTT Daily Activity Log (continued) – *Bitachon* 2 Module

		Learned (√)			Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)	
Tue	08/18/09	GoE	215-217			
Wed	08/19/09	GoE	217-219			
Thu	08/20/09	GoE	219-220			
Fri	08/21/09	GoE	221-223			
Sat	08/22/09	GoE	223-226			
Sun	08/23/09	GoE	226-229			
Mon	08/24/09	GoE	231-233			
Tue	08/25/09	GoE	234-235			
Wed	08/26/09	GoE	235-237			
Thu	08/27/09	GoE	237-240			
Fri	08/28/09	GoE	240-242			

Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunafaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona'as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one's tongue
Siddurprayer book
Siyata D'ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit