



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

Vilna Gaon - *Even Shleima*, Chapter 1

Kavanah During Davening - Concentration During Prayers Module Packet 6

... נִאֲשַׁפֵּךְ אֶת־נַפְשִׁי לִפְנֵי ה'.

... and I have poured out my soul before Hashem.

Samuel I Chapter 1, Verse 15

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Contact Information

For additional information, please contact us at:

ACTT e-mail: info@actt613.org

ACTT web site: www.actt613.org

ACTT postal mailing address: ACTT
48 Edgemount Road
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 20151011

ACTT Kavanah During Davening Module – Packet 6

Specific Goal Suggested for *Kavanah During Davening 6* Module

To gain a better understanding of the meaning of the daily prayers and to develop an actual connection with the words of the daily prayers.

General Goal of *Kavanah During Davening* Module

To deepen one's understanding of the importance of Tefillah in general and to enrich one's davening experience.

Module Duration

This module is part 6 of the *Kavanah During Davening - Concentration During Prayers* series and is scheduled for 108 days, including several catch-up days which can also be used for review.

To Do List

- If you are not yet a member of the ACTT Organization, please fill out and submit a membership application either online or in the ACTT Welcome Kit on the Membership page of www.actt613.org
- Fill out the “ACTT Generic Commitment Form” for *Kavanah During Davening 6*, keep a copy for yourself and, optionally, submit a copy to the organization – see Module page of www.actt613.org
- On a daily basis:
 - Follow the Learning Schedule and record your *Kavanah During Davening* activity/action in your “ACTT Generic Daily Activity Log” for *Kavanah During Davening 6* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of www.actt613.org for the generic activity log and activity/action ideas
 - Record your maintenance activity/action (from another module, e.g., *Ahavas Chesed*, *Judging Favorably*, *Hakaras HaTov*, etc.) in your “ACTT Generic Activity Log” for *Kavanah During Davening 6* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of www.actt613.org for the activity log and activity/action ideas
- Participate in the chizuk activities, as desired:
 - ACTT *Kavanah During Davening 6* kickoff event (audio is on the Audio page of www.actt613.org)
 - 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

Kavanah During Davening Resources

The following are some resources for learning about *Kavanah During Davening*:

- Praying with Meaning - Connecting to Hashem through Tefillah by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1-42261-646-0
- Yearning With Fire - Longing for the Geulah and Enhancing your Life in the Process by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422609960
- Praying With Fire - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422600157
- Praying With Fire 2 - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422608557
- Touched by a Prayer - Stories and insights to transform the way you pray by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422605434
- Touched by a Prayer 2 - Inspiring stories and insights to transform the way you pray by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422608786
- Twerski on Prayer by Rabbi Abraham J. Twerski; Shaar Press; ISBN: 1578196728
- Inner Peace: Achieving Self-Esteem through Prayer by Rabbi Yisroel Roll; Targum Press; ISBN: 1568711891
- Pathway to Prayer, A Translation and Explanation of the Shemoneh Esray by Rabbi Mayer Birnbaum; distributed by Feldheim Publishers; ISBN: 1583301097
- Rav Schwab on Prayer - The Great Rav's Teachings on the Siddur by Rabbi Shimon Schwab; Artscroll/Mesorah; ISBN: 1578195128
- The Art of Jewish Prayer by Rabbi Yitzchok Kirzner with Lisa Aiken; Judaica Press; ISBN: 188058283X
- Touched By A Prayer by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422605434
- "Change the Way you Daven" tape series, released by the Project Awareness organization; P.O. Box 753, Monsey, NY 10952; (845) 362-8000 x106, fax: (845) 362-8008
- נתיב בינה מעת הרב יששכר יעקבסון: הוצאת ספרים "סיני" תל-אביב
- Praying With Passion website: www.prayingwithfire.org

Prayer #2 - In Search of Meaningful Prayer

by Rabbi Pinchas Winston

The difference between the words in the seemingly incomprehensible Siddur and those in your heart is your understanding. Here's how to make them one and the same.

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There are no atheists in a foxhole. Simply explained, this means that when people are in trouble, they instinctively turn to G-d, even the ones who previously said with confidence, "I don't believe in G-d." There's nothing like trouble to bring the prayer out in people.

Of course, no one wants to be "pushed" into praying to G-d. Praying to G-d is one of the most natural human experiences, and can also be one of the most pleasurable ones as well. Like every "art," there is a certain amount of honing that is required before the "natural talent" can become the basis for a creative and productive result.

While it is true that impending disaster can turn atheists into "believers," and, that crises can give meaning to prayer that, previously, didn't seem to exist, that can be accomplished in a more pleasant manner. The following will help you tap into your natural ability to pray, and, show you how to make the words of the *Siddur* more personal to you.

WHAT DO THESE WORDS MEAN?

If you go to the Western Wall in Jerusalem, at any given moment, in time on any given day, you will find people with their face pressed into the Holy Wall. It is not unusual to find tears streaming down their faces, falling onto already tear-stained books of *Tehillim* (Psalms). They are completely "given over" to G-d and their prayers. Why, and how?

For many, these tears are the result of their complete sincerity and recognition of their dependency on G-d. Their prayer stems from a deep yearning for something they need.

For meaningful prayer, tap into what your soul needs from G-d. For example, let's look at one of the first blessings of the daily Shemoneh Esrai, the so-called "Eighteen Benedictions." It says:

You give man knowledge, and You teach people ideas, understanding, and comprehension. Blessed are You, Who gives knowledge.

Something we take for granted is our ability to think. "I think, therefore I am" pretty much sums up our attitude toward our mind. If I'm alive, of course I can think. However, a more accurate statement might be: If I am living, then, my brain must be functioning and keeping me alive. But that is all I can assume.

However, *thinking* is a process of recognizing ideas and understanding them, and then figuring out how they can best serve mankind. Human ingenuity in any form is not something to be taken for granted, for, it is mankind's greatest gift, often saving us from the brink of disaster.

Certain bodily functions controlled by the mind, what we call "involuntary functions" of the brain, may work in the most dire of circumstances. However, thinking seems to be more of an art than a natural talent, something learned and developed as one matures in life. It is not always an automatic process.

If so, then why must I petition G-d for understanding, and thank Him for my ability to discern? Because our brains are so important to us, and, being able to think clearly is crucial for living a meaningful and productive life. Getting ahead in life depends upon coming up with ideas and understanding them, in order to know how to implement them to improve the quality of our lives.

For, historically, we have seen how even the brightest and sharpest thinkers in life can "miss the boat" when it comes to the purpose of life in this world, and waste a whole lifetime pursuing meaningless paths. The brain is but a vehicle to process and implement ideas, and, even a sharp mind is no guarantee that a person will live a profoundly truthful life.

Hence, it says in the Book of Psalms:

The secrets of G-d to those who fear Him. (25:14)

In other words, all those ideas and all that understanding that we assume are natural in life are miracles. Even though ideas just seem to "pop" into our minds, as if it is the most natural thing in the world to be clever, that is rarely the case. In fact, perhaps, this is why historical discoveries are often made at the same time, by different people, in different parts of the world, even though one did not communicate with the other. From G-d's point of view, it was an idea whose time had come, and, which, therefore, had become the "spirit" of the times.

One person said: It only took one trip to a children's hospital and to see all these beautiful children born without the ability to think for themselves to make the blessing of knowledge real to me. When I say it, I think to myself, "Where would I be without my brain, without my ability to understand, without my ability to solve problems?" Nowhere. Saying this blessing, therefore, is extremely important to me.

Thus, in the end, this first "request" of the "Eighteen Benedictions" can be understood as follows:

You graciously give man knowledge (all the important ideas that advance mankind and provide solutions for the problems in life come from You, even though we don't deserve them), and teach a person understanding (and, as well, You give us the ability to relate to these ideas, and to benefit from them). From You, graciously endow us with knowledge (abstract ideas), understanding (and the ability to relate to them), and discernment (and to integrate their truth into our own way of thinking. Blessed are You, G-d, gracious Giver of knowledge.

That kind of analysis can be, and should be, done with all the blessings.

WRITE YOUR OWN PRAYER

The difference between the words on the page and those in your heart is your understanding of how they are one and the same.

The "Men of the Great Assembly" (c. 260 BCE) who assembled the prayer book were prophets, and they had the needs of the entire nation in mind, for all generations. They weren't just directing us in prayer; they were teaching us what counts most in life to the Jew. If the words seem foreign to us, it is because we have yet to see their words through our own eyes.

But, that is the goal. And, when one achieves this, prayer becomes a completely personalized experience, and, *enjoyable*. So, you might as well try this next step and enhance your prayer experience.

1. Choose a short prayer from any part of the prayer service, from a section that you don't feel comfortable with.
2. Ask yourself, "What does this prayer ask for?" and answer the question.
3. Ask yourself, "How does such an idea benefit the world?"
4. Ask yourself, "How would my life improve from such an idea?"

5. Write a short essay "justifying" the request of this prayer. If necessary, find adequate sources on prayer, and do research.

If you do this, the next time you say these words in prayer, you will immediately connect to them, and you will feel "lifted" because of them. You will begin to feel close to G-d, and this will enhance your entire prayer experience. Some people even write little notes on the pages of their prayer books just to remind themselves at the time of prayer of the conclusions they reached through this type of analysis.

You could do this for every individual prayer, and spend the rest of your life doing nothing but this. However, very few people have the luxury of spending so much time on such a project. Nevertheless, it has been my experience, and that of others who have tried this, performing the five steps above at least a couple of times, makes them somewhat automatic, even during times of prayer, until the entire prayer service itself becomes your own.



ACTT Module Packet Appendix

- **ACTT Generic Commitment Form**
- **ACTT Learning Schedule**
- **ACTT Activity and Action Ideas**
- **ACTT Generic Daily Activity/Action Log**
- **ACTT Glossary**



ACTT Generic Commitment Form For Any 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 _____

- _____ *act(s) daily in a ☺ mood*

act(s) Name of current module

(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*
- ___ *Bitachon act(s)* *daily or* *weekly*
- ___ *Anger Management for Positive Results act(s)* *daily or* *weekly*
- ___ *Shmiras HaLashon act(s)* *daily or* *weekly*
- ___ *Emes – Telling the Truth act(s)* *daily or* *weekly*
- ___ *The Six Constant Mitzvos act(s)* *daily or* *weekly*
- ___ *Happiness act(s)* *daily or* *weekly*
- ___ *Forgiveness act(s)* *daily or* *weekly*
- ___ *Zerizus - Acting With Zeal & Alacrity act(s)* *daily or* *weekly*
- ___ *Emunah act(s)* *daily or* *weekly*

- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):

Name of current module's source book (see current module's Learning Schedule)

Commitment Signature

Signed: _____ Date _____

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



Kavanah During Davening – Concentration During Prayers Module 6 Learning Schedule

Source Book: Praying with Meaning - Connecting to Hashem through Tefillah
by Rabbi Heshy Kleinman

I am dedicating today’s learning of this sefer:

In memory of _____

As a zechus for:

a refuah shleimah for _____

a shidduch for _____

parnasah for _____

other _____

Learning Schedule

Date	Item	Date	Item	Date	Item	Date	Item
Mon 10/19/15	Intro	Sun 11/15/15	Day 22	Sat 12/12/15	Day 46	Fri 01/08/16	Day 69
Tue 10/20/15	Intro	Mon 11/16/15	Day 23	Sun 12/13/15	Catch Up	Sat 01/09/16	Day 70
Wed 10/21/15	Preface	Tue 11/17/15	Day 24	Mon 12/14/15	Day 47	Sun 01/10/16	Day 71
Thu 10/22/15	Day 1	Wed 11/18/15	Day 25	Tue 12/15/15	Day 48	Mon 01/11/16	Day 72
Fri 10/23/15	Day 2	Thu 11/19/15	Catch Up	Wed 12/16/15	Day 49	Tue 01/12/16	Day 73
Sat 10/24/15	Day 3	Fri 11/20/15	Day 26	Thu 12/17/15	Day 50	Wed 01/13/16	Day 74
Sun 10/25/15	Day 4	Sat 11/21/15	Day 27	Fri 12/18/15	Day 51	Thu 01/14/16	Catch Up
Mon 10/26/15	Catch Up	Sun 11/22/15	Day 28	Sat 12/19/15	Day 52	Fri 01/15/16	Day 75
Tue 10/27/15	Day 5	Mon 11/23/15	Day 29	Sun 12/20/15	Day 53	Sat 01/16/16	Day 76
Wed 10/28/15	Day 6	Tue 11/24/15	Day 30	Mon 12/21/15	Catch Up	Sun 01/17/16	Day 77
Thu 10/29/15	Day 7	Wed 11/25/15	Day 31	Tue 12/22/15	Day 54	Mon 01/18/16	Day 78
Fri 10/30/15	Day 8	Thu 11/26/15	Day 32	Wed 12/23/15	Day 55	Tue 01/19/16	Day 79
Sat 10/31/15	Day 9	Fri 11/27/15	Catch Up	Thu 12/24/15	Day 56	Wed 01/20/16	Day 80
Sun 11/01/15	Day 10	Sat 11/28/15	Day 33	Fri 12/25/15	Day 57	Thu 01/21/16	Day 81
Mon 11/02/15	Day 11	Sun 11/29/15	Day 34	Sat 12/26/15	Day 58	Fri 01/22/16	Catch Up
Tue 11/03/15	Catch Up	Mon 11/30/15	Day 35	Sun 12/27/15	Day 59	Sat 01/23/16	Day 82
Wed 11/04/15	Day 12	Tue 12/01/15	Day 36	Mon 12/28/15	Day 60	Sun 01/24/16	Day 83
Thu 11/05/15	Day 13	Wed 12/02/15	Day 37	Tue 12/29/15	Catch Up	Mon 01/25/16	Day 84
Fri 11/06/15	Day 14	Thu 12/03/15	Day 38	Wed 12/30/15	Day 61	Tue 01/26/16	Day 85
Sat 11/07/15	Day 15	Fri 12/04/15	Day 39	Thu 12/31/15	Day 62	Wed 01/27/16	Day 86
Sun 11/08/15	Day 16	Sat 12/05/15	Catch Up	Fri 01/01/16	Day 63	Thu 01/28/16	Day 87
Mon 11/09/15	Day 17	Sun 12/06/15	Day 40	Sat 01/02/16	Day 64	Fri 01/29/16	Day 88
Tue 11/10/15	Day 18	Mon 12/07/15	Day 41	Sun 01/03/16	Day 65	Sat 01/30/16	Catch Up
Wed 11/11/15	Catch Up	Tue 12/08/15	Day 42	Mon 01/04/16	Day 66	Sun 01/31/16	Day 89
Thu 11/12/15	Day 19	Wed 12/09/15	Day 43	Tue 01/05/16	Day 67	Mon 02/01/16	Epilogue
Fri 11/13/15	Day 20	Thu 12/10/15	Day 44	Wed 01/06/16	Catch Up	Tue 02/02/16	Catch Up
Sat 11/14/15	Day 21	Fri 12/11/15	Day 45	Thu 01/07/16	Day 68	Wed 02/03/16	Catch Up



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some of the 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) Some of the ideas for *Improving Anger Management* were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp
- 6) Some of the ideas for *The Six Constant Mitzvos* were adapted from The Six Constant Mitzvos based on Rabbi Yitzchak Berkowitz's lectures and www.thesixconstantmitzvos.com

IDEAS FOR ACTS OF CHESED		
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	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	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

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



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING KAVANAH DURING DAVENING	
<p>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</p>	<p>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</p>
IDEAS FOR HAKARAS HA TOV	
<p>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</p>	<p>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 <i>Modeh Ani</i> each morning with great feeling Reflect on <i>Modim Anachnu Lach</i> in <i>Shmoneh Esrei</i> Thank Hashem for every breath that you take</p>
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>



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>
IDEAS FOR EMES – TELLING THE TRUTH	
<p>Be honest while taking exams Return extra change if salesperson makes a mistake Do not cut corners on taxes If one doesn't know the answer, say "I don't know" Say items that can be fulfilled Be on time</p>	<p>Be honest with oneself - not hypocritical Don't promise items to ones children that one can't keep Do not keep people waiting Give people credit for items they do When quoting, mention the proper source for the quote Admit when one is wrong</p>



ACTT Activity/Action Ideas (continued)

IDEAS FOR FULFILLING THE SIX CONSTANT MITZVOS	
<p>Talk about <i>Emunah</i> to reinforce your knowledge of Hashem's existence</p> <p>Love life and identify each circumstance in life as an opportunity for spiritual perfection</p> <p>Identify the yetzer hara (evil inclination) as a messenger from Hashem that challenges you and helps you grow</p> <p>Study nature and Torah as a means of building love for Hashem</p> <p>Consider the spiritual consequences of your actions as seriously as you consider their physical consequences</p> <p>Avoid situations in which your eyes might see something that could lead you to sin</p> <p>Try talking to Hashem on a regular basis aside from the scheduled prayer services-- this will help to make Him a real part of your life and your decision making process</p>	<p>Use prayer as an opportunity to build a relationship with Hashem by asking Him for the things you need to serve Him properly, not just for the things you want</p> <p>Each day when you say Shema take a moment to recognize that any hardship or challenge in your life is really a gift from Hashem to bring you closer to Him</p> <p>Take a moment each day, either during davening, while learning, or before going to sleep and thank Hashem for something good in your life</p> <p>At the end of each day take a moment to make a cheshbon hanefesh (spiritual accounting) of your actions that day - ask yourself if you succeeded in building and maintaining your relationship with Hashem or if you damaged it</p> <p>Try to develop an emotional relationship with at least one daily mitzvah or area of Torah by learning more about the deeper <i>kavanas</i> (intentions)/ <i>hashkafa</i> (religious outlook/perspective) in order to see how it helps to connect you to Hashem</p>
IDEAS FOR EMUNAH	
<p>Recognize Hashem's greatness and constantly hold onto this awareness - Hashem is the source of everything: Ein od Milvado (There is nothing other than Him)</p> <p>Review the events of your day, realize what Hashem did to make them happen, and thank Hashem for making them happen</p> <p>Acknowledge that Hashem gives you everything that you need in your life and be happy with what you do have</p> <p>Fully believe that whatever happens to you in your life is exactly what Hashem wants to happen to you and that it is in your best interest</p> <p>Thank Hashem for everything that happens to you, both good and what appears to be not so good knowing that no one can cause you any harm against Hashem's will</p>	<p>Fully believe that Hashem will keep all of His promises and that at the appointed time He will bring Mashiach Tzidkeinu and will resurrect the dead</p> <p>Realize that Hashem helps you do what you know how to do well, that He helps you do what you may not know how to do well, and that He protects you from whatever is not good for you even though you think it is good or you want it</p> <p>Talk with Hashem throughout the day using your own words</p> <p>Accept the fact that all the events that have occurred since Creation and that will occur are part of Hashem's Master Plan, which is beyond human comprehension</p> <p>Pursue the truth through Torah and consistently perform mitzvot and maasim tovim with a full heart and genuinely happy manner, both inside and out</p>

ACTT Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunahfaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Maasim Tovimgood deeds
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
Yad Hashemhand of Hashem
Zechusmerit