



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

Vilna Gaon - Even Shleima, Chapter 1

## ***Emunah Module Packet 2***

**The Emunah 2 module is dedicated in memory of  
Tziporah Chaya Heindel bas Shmuel Mordechai haLevi, Chaya Friedman, a'h**

*[מצות האמונה במציאות השם יתברך]  
להאמין שיש לעולם אלוהים אחד שהמציא כל הנמצא,  
ומכחו וחפצו היה כל מה שהוא, ושהיה ושיהיה לעדי עד...  
שורש מצוה זו אין צריך ביאור. ידוע הדבר, ונגלה לכל, כי האמונה הזאת יסוד הדת...  
וענין ההאמונה הוא, שיקבע בנפשו שהאמת כן, ושאי אפשר חילוף זה בשום פנים...*

*[To Believe in the Existence of G-d]*

*To believe that the world has one G-d, who brought all existence into being;  
by His power and His will does everything come about – all that was, that is, and that will be  
for time eternal...*

*The root purpose of this precept needs no explanation. It is a known matter, apparent to all,  
that this belief is the foundation of the religion...*

*The substance of this faith is that a person should determine in his mind that this is the truth,  
and nothing else of any sort is possible instead...*

**ספר החינוך, פרשת יתרו, מצוה כה**

The Book of [Mitzvah] Education, Parshas Yisro, Commandment 25

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### **Contact Information**

For additional information, please contact us at:

ACTT e-mail: [info@actt613.org](mailto:info@actt613.org)

ACTT web site: [www.actt613.org](http://www.actt613.org)

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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 20170508

## **ACTT *Emunah* Module – Packet 2**

### **Specific Goal Suggested for *Emunah 2* Module**

To develop a closer connection to Hashem by looking for and recognizing the hand of Hashem in everything that happens in my daily life, both good and not as apparently good, both big and small.

### **General Goal of *Emunah* Module**

To develop and internalize absolute and unwavering Faith in Hashem in every aspect and every moment of my life.

### **Module Duration**

This module is part 2 of the *Emunah* series and is scheduled for 139 days, including some catch-up days.

### **To Do List**

- If you are not yet a member of the ACTT Organization, please fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at [www.actt613.org](http://www.actt613.org)
- Fill out the “ACTT Generic Commitment Form” for *Emunah 2*, keep a copy for yourself and, optionally, submit a copy to the organization – see Module page of [www.actt613.org](http://www.actt613.org)
- On a daily basis:
  - Follow the Learning Schedule and record your *Emunah* activity/action in your “ACTT Generic Daily Activity Log” for *Emunah 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://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*, *Kavanah During Davening*, etc.) in your “ACTT Generic Activity Log” for *Emunah 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://www.actt613.org) for the activity log and activity/action ideas
- Participate in the chizuk activities, as desired:
  - ACTT *Emunah 2* kickoff event
  - 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

## Emunah Resources

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

- Living Emunah volume 2 – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-660-6; (also see: [www.dailyemunah.com](http://www.dailyemunah.com))
- Living Emunah – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-512-X; (also see: [www.dailyemunah.com](http://www.dailyemunah.com))
- Eternal Emunah - A Torah Perspective of Achieving and Living with Faith by Rabbi David Tzvi Eliach; ArtScroll / Mesorah Publishers; ISBN: 1-57819-381-8
- Emunah: A Refresher Course - A Step-by-Step Program to Increased Emunah by Rabbi Dovid Sapirman; Mosaica Press (Feldheim Publishers); ISBN: 1-93788-755-3
- Wellsprings of Faith by Rabbi Moshe Wolfson; Feldheim Publishers; ISBN: 1-58330-526-2
- Nefesh Shimshon: The Principles of Faith - Fundamentals of Jewish Belief in Hashem and Divine Providence by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-503-3
- Nefesh Shimshon: Living with Faith - Bringing Hashem Into Our Daily Lives by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-625-2
- Touched by Their Faith - Enlightening stories that boost your spirit and enhance your emunah by Rabbi Yechiel Spero; ArtScroll / Mesorah Publishers; ISBN: 1-42261-478-6
- Trust Me! - An Anthology of Emunah and Bitachon by Rabbi Eliezer Parkoff; Feldheim Publishers; ISBN: 1-58330-531-9
- The Garden of Emuna - A Practical Guide to Life by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- Faith & Trust (Emunah Ubitachon) by the Chazon Ish, Translated by Yaakov Goldstein; The Judaica Press; ISBN: 9789657452004
- “Teshuva and Emunah in Troubled Times” (2 CD set) by Rabbi Yissocher Frand; Published by Yad Yechiel Institute ([www.yadyechiel.org](http://www.yadyechiel.org)); available from [www.artscroll.com](http://www.artscroll.com), catalog# FS611D

### *Emunah Is the Root of Good Middos*

Chapter 3 from Living Emunah – Achieving a life of serenity through faith by Rabbi David Ashear

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*Emunah*, faith in Hashem, is the root of all *middos tovos* (fine qualities).

One who truly believes that Hashem governs the world, and wishes only for his well-being, will never be envious of other people. *Kinah*, jealousy, is one of the most destructive qualities, and, in fact, Shlomo HaMelech (King Solomon) stated that jealousy is what causes one's bones to decay. Rabbeinu Yonah writes that a person's health depends upon the heart, and nothing is more harmful to the heart than jealousy. Indeed, modern medicine has determined that stress is one of the most harmful conditions for one's health. And so much of the stress that we experience comes from jealousy. We look around us and see what other people have, and we begin to ask ourselves, *Why am I not as accomplished and successful as he?* These thoughts cause overbearing pressure that can directly lead to both physical and emotional ailments.

One who has *emunah*, however, when he sees other people's success he thinks, *What does this have to do with me? Hashem gives me exactly what I need to serve Him and fulfill my role in the world. Why does it matter that other people have more?*

A person berates himself when he invests effort but doesn't see the desired results and doesn't earn a comfortable living. He assumes it's his fault, that this is because he wasn't good enough, that he is a failure, and that others look at him as a "good-for-nothing." This is a totally incorrect approach. Our success depends not upon our efforts, but on Hashem. We invest our effort, but only Hashem determines the outcome.

A person with *emunah* also does not become angry. After all, anger occurs when things do not work out the way a person wants them to. But if one has *emunah*, he is not upset when events do not turn out to his liking. He says to himself, *It is Hashem's will that things should turn out this way, and if this is Hashem's will - then this is my will, as well!*

Likewise, a person with *emunah* is humble. He realizes that everything is determined by Hashem, and that even his successes and achievements are the result not of his own skills and efforts, but rather Hashem's grace and compassion. Everything he has and everything he has achieved was graciously given to him by Hashem. If he had the wisdom to earn money, it is because Hashem enabled him to do so. With this perspective, a person can never become arrogant or look down on others.

A parable is told of a poor man who was invited to the wedding of a fabulously wealthy cousin. The man could not afford a proper suit for the affair, and so he approached his well-to-do neighbor and asked if he could borrow a suit. The neighbor lent him an exquisite \$1,000 suit to wear to the wedding. And so, the guest arrived at the wedding in this \$1,000 suit, and when he looked around, he noticed many guests wearing far less fancy attire. He felt very proud of the suit he was wearing, and looked at the other guests with scorn.

Quite obviously, this reaction is completely irrational. Does it make sense for a person to take pride in something he borrowed for one evening? Does he have anything of which to be proud?

This is how the person with *emunah* looks at all his possessions and achievements. Everything is borrowed, something given to him mercifully by Hashem, and there is thus no room for any sort of hubris or pride.



## **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*
- \_\_\_ *Kiddush Hashem 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!* ☺



**Emunah – Faith in Hashem Module 2 Learning Schedule**

The Emunah 2 module is dedicated in memory of

*Tziporah Chaya Heindel bas Shmuel Mordechai haLevi, Chaya Friedman, a”h*

Source Book: Living Emunah volume 2 – Achieving A Life of Serenity Through Faith  
by Rabbi David Ashear

I am dedicating today’s learning of this sefer:

In memory of *Tziporah Chaya Heindel bas Shmuel Mordechai haLevi, Chaya Friedman, a”h*  
and \_\_\_\_\_

As a zechus for:

a refuah shleimah for \_\_\_\_\_

a shidduch for \_\_\_\_\_

parnasah for \_\_\_\_\_

other \_\_\_\_\_

**Learning Schedule**

Date	Chapter	Date	Chapter	Date	Chapter	Date	Chapter
Mon 05/15/17	Intro	Mon 06/19/17	30	Mon 07/24/17	60	Mon 08/28/17	90
Tue 05/16/17	1	Tue 06/20/17	31	Tue 07/25/17	61	Tue 08/29/17	91
Wed 05/17/17	2	Wed 06/21/17	32	Wed 07/26/17	62	Wed 08/30/17	92
Thu 05/18/17	3	Thu 06/22/17	33	Thu 07/27/17	63	Thu 08/31/17	93
Fri 05/19/17	4	Fri 06/23/17	34	Fri 07/28/17	64	Fri 09/01/17	94
Sat 05/20/17	5	Sat 06/24/17	35	Sat 07/29/17	65	Sat 09/02/17	95
Sun 05/21/17	Catch Up	Sun 06/25/17	Catch Up	Sun 07/30/17	Catch Up	Sun 09/03/17	Catch Up
Mon 05/22/17	6	Mon 06/26/17	36	Mon 07/31/17	66	Mon 09/04/17	96
Tue 05/23/17	7	Tue 06/27/17	37	Tue 08/01/17	67	Tue 09/05/17	97
Wed 05/24/17	8	Wed 06/28/17	38	Wed 08/02/17	68	Wed 09/06/17	98
Thu 05/25/17	9	Thu 06/29/17	39	Thu 08/03/17	69	Thu 09/07/17	99
Fri 05/26/17	10	Fri 06/30/17	40	Fri 08/04/17	70	Fri 09/08/17	100
Sat 05/27/17	11	Sat 07/01/17	41	Sat 08/05/17	71	Sat 09/09/17	101
Sun 05/28/17	Catch Up	Sun 07/02/17	Catch Up	Sun 08/06/17	Catch Up	Sun 09/10/17	Catch Up
Mon 05/29/17	12	Mon 07/03/17	42	Mon 08/07/17	72	Mon 09/11/17	102
Tue 05/30/17	13	Tue 07/04/17	43	Tue 08/08/17	73	Tue 09/12/17	103
Wed 05/31/17	14	Wed 07/05/17	44	Wed 08/09/17	74	Wed 09/13/17	104
Thu 06/01/17	15	Thu 07/06/17	45	Thu 08/10/17	75	Thu 09/14/17	105
Fri 06/02/17	16	Fri 07/07/17	46	Fri 08/11/17	76	Fri 09/15/17	106
Sat 06/03/17	17	Sat 07/08/17	47	Sat 08/12/17	77	Sat 09/16/17	107
Sun 06/04/17	Catch Up	Sun 07/09/17	Catch Up	Sun 08/13/17	Catch Up	Sun 09/17/17	Catch Up
Mon 06/05/17	18	Mon 07/10/17	48	Mon 08/14/17	78	Mon 09/18/17	108
Tue 06/06/17	19	Tue 07/11/17	49	Tue 08/15/17	79	Tue 09/19/17	109
Wed 06/07/17	20	Wed 07/12/17	50	Wed 08/16/17	80	Wed 09/20/17	110
Thu 06/08/17	21	Thu 07/13/17	51	Thu 08/17/17	81	Thu 09/21/17	111
Fri 06/09/17	22	Fri 07/14/17	52	Fri 08/18/17	82	Fri 09/22/17	112
Sat 06/10/17	23	Sat 07/15/17	53	Sat 08/19/17	83	Sat 09/23/17	113
Sun 06/11/17	Catch Up	Sun 07/16/17	Catch Up	Sun 08/20/17	Catch Up	Sun 09/24/17	Catch Up
Mon 06/12/17	24	Mon 07/17/17	54	Mon 08/21/17	84	Mon 09/25/17	114
Tue 06/13/17	25	Tue 07/18/17	55	Tue 08/22/17	85	Tue 09/26/17	115
Wed 06/14/17	26	Wed 07/19/17	56	Wed 08/23/17	86	Wed 09/27/17	116
Thu 06/15/17	27	Thu 07/20/17	57	Thu 08/24/17	87	Thu 09/28/17	117
Fri 06/16/17	28	Fri 07/21/17	58	Fri 08/25/17	88	Fri 09/29/17	118
Sat 06/17/17	29	Sat 07/22/17	59	Sat 08/26/17	89	Sat 09/30/17	119
Sun 06/18/17	Catch Up	Sun 07/23/17	Catch Up	Sun 08/27/17	Catch Up	<b>END OF SCHEDULE, MAZEL TOV!!</b>	



## 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](http://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](http://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](http://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)

<b>IDEAS FOR IMPROVING ANGER MANAGEMENT</b>	
<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>
<b>IDEAS FOR SHMIRAS HALASHON</b>	
<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>
<b>IDEAS FOR EMES – TELLING THE TRUTH</b>	
<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 one's 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 mitzvos and maasim tovim with a full heart and genuinely happy manner, both inside and out</p>
IDEAS FOR KIDDUSH HASHEM	
<p>Speak gently to everyone and at all times</p> <p>Act as a role model of proper behavior to others: at home, in your extended family, with your friends, in the community, at work</p> <p>Say <i>Yehei Shmei Rabbah</i> (May His Great Name be blessed) with great kavanah</p> <p>Say <i>Kedushah</i> in davening with great kavanah and internalize it</p> <p>Commit to live every day for the sake of Kiddush Hashem and make Kiddush Hashem your mission in life</p>	<p>Develop a broad understanding of how the mitzvah of Kiddush Hashem is a theme that runs through all the mitzvos and the Torah in its entirety</p> <p>Throughout the day, focus on striving to create a Kiddush Hashem in all that you do</p> <p>Examine your actions daily and record what has been a Kiddush Hashem</p> <p>Examine your actions daily and record how to increase your Kiddush Hashem</p> <p>Examine your actions daily and record what was or what might have been a Chillul Hashem that needs to be avoided</p>









## ACTT Glossary

<b>Ahavas Chesed</b>	.....loving kindness
<b>B'li Neder</b>	.....without making a formal commitment
<b>Bitachon</b>	.....trust in Hashem
<b>Chesed</b>	.....kindness
<b>Chizuk</b>	.....moral support
<b>Davening</b>	.....praying
<b>Emunah</b>	.....faith
<b>Hakaras HaTov</b>	.....gratitude
<b>Kavanah</b>	.....concentration
<b>Kiddush Hashem</b>	.....sanctification of G-d's name
<b>Klal Yisrael</b>	.....the Jewish people
<b>Lashon Hara</b>	.....evil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
<b>Maasim Tovim</b>	.....good deeds
<b>Midah, Midos</b>	.....character trait, character traits
<b>Mitzvah</b>	.....a commandment
<b>Mussar</b>	.....ethical teaching
<b>Neshamah</b>	.....soul
<b>Nisayon</b>	.....a test
<b>Ona'as Devarim</b>	.....causing hurt through the spoken word
<b>Parnasa</b>	.....livelihood
<b>Rechilus</b>	.....gossip-mongering - any communication that generates animosity between people
<b>Refuah Shleimah</b>	.....a complete recovery from an illness
<b>Sefer</b>	.....a book
<b>Shidduch</b>	.....a match of two eligible and marriageable Jewish singles
<b>Shiurim</b>	.....classes
<b>Shmiras HaLashon</b>	.....guarding one's tongue
<b>Siddur</b>	.....prayer book
<b>Siyata D'Shmaya</b>	.....Divine Assistance
<b>Talmid, Talmidim</b>	.....student, students
<b>Tefillah, Tefillos</b>	.....prayer, prayers
<b>Teshuva</b>	.....repentance
<b>Yad Hashem</b>	.....hand of Hashem
<b>Zechus</b>	.....merit