

TMI 4 MOMS

SHTIKA- SILENCE



REFER TO THE ESSAY ON SHTIKA TO DISCUSS THE FOLLOWING IDEAS

- What are some of the “noises in the world around us”?
- Chana modeled silent prayer. What do her actions teach us about prayer?
- Think about different moments of silence. What is the point? What are we supposed to think about? What do we think about in those brief instructed moments?
- Silence is Godly. What are ways we embody this rule in our daily lives?

TOPICS TO TALK ABOUT

Refer to Daily Dose #4

- Do you ever find yourself preparing to answer the speaker before they’ve finished talking? Have you ever felt the need to reply instantly even with caution about your answer? As a parent, how is this more difficult? Potentially more rewarding?

Refer to Daily Dose #5

- Silence is golden as well as an acknowledgement of agreement. What are some times in your life that remaining silent has been beneficial?

Refer to Daily Dose #6

- What are some of today’s distractions to true contemplation?

Refer to Daily Dose #9

- Silence is a time of prayer, with yourself and to God. If you are embarrassed and remain silent, it is a time for prayer.

Refer to Daily Dose #11

- While Mar Cheshvan may be referred to as bitter because of the lack of holidays, how can the quiet of the month be restorative? What routines can be implemented? What moments and upcoming holidays can we prepare for?

RECOMMENDED READINGS TO EXPAND YOUR JEWISH HOME LIBRARY

Chofetz Chaim: Lesson a Day, By Shimon Finkelman and Yitzchak Berkowitz

Positive Word Power (& Positive Word Power for Teens), By Chana Nestlebaum

Master Your Words, Master Your Life, Chana Nestlebaum

Quiet, By Susan Cain