TZEDAKAH

צדקה וחסד הם שני כנפי השכינה.

תנחומא, פרשת תצווה

Charity and kindness are the two wings of the Divine Presence.

Tanchuma, Parashat Tetzaveh

Tzedakah, the act of giving charity, is an opportunity for self-reflection and growth. We are prompted to consider our own brachot and resources in relation to the needs of others. Self-reflection within tzedakah encourages a recognition of the possibility of privilege and an empathetic understanding of the struggles faced by those less fortunate. By engaging in thoughtful self-reflection before giving, we can make the acts of tzedakah more meaningful, compassionate, and impactful, connecting ourselves more deeply with those in need.



YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

MONDAY • SEPTEMBER 18 • 3 TISHREI • TZOM GEDALIAH

Who are the people who inspire you the most? What qualities do they possess that you admire, and how can you incorporate those qualities into your own life?							
Action plan							
TUESDAY • SEPTEMBER 19 • 4 TISHREI Write about a time when you acted with kindness and compassion toward others. How did it							
make you feel, and how can you cultivate more of these moments?							
Action plan							



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WEDNESDAY • SEPTEMBER 20 • 5 TISHREI
Describe a time when you felt truly connected to your community or a larger cause. How can you contribute more to the well-being of others?
Action plan
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THURSDAY • SEPTEMBER 21 • 6 TISHREI
Write about a story, book, article, or podcast related to Chesed that has had a profound impact on you. What lessons did you learn, and how can you integrate them into your life?

Action plan



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FRIDAY · SEPTEMBER 22 · 7 TISHREI

Reflect on your unique strengths and talents. How can you leverage them to make a positive impact on others and achieve your goals?							
Action plan							