

# Congregation Beth Am

## TNT Mitzvah Project: Honor Your Father and Mother

### Kibud Et Av v'Em

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*Kibud Av Va'em*, honoring one's father and mother, is found in the Torah. It is one of the few mitzvot in the Torah with a promise attached to it. "Honor your father and mother, that you may long endure (and that you may fare well) on the land that the Lord your God is giving you." The Ten Commandments appear twice in the Torah: Exodus 20:12 and Deuteronomy 5:16. The inclusion of promise implies that the mitzvah is extraordinary important. Saadia Gaon, who taught in the tenth century, considered this commandment to be the most important of the Ten Commandments. For our next class, choose one dimension of the mitzvah to do.

**This project will focus on Honoring Your Father & Mother.**

**Please have your mitzvah done prior to next event.**

*Remember for each mitzvah take a picture, and write a one paragraph summary!*

1. Discuss with your parent(s) something that you could do around the house that would be helpful, and do it!
2. Keep a log of everything one of your parents do for you over the course of one day, or even one week, and then thank them for it at the end of the week. What is one thing that you noticed that you would try to do if you were a parent? Take a picture of that moment, and describe it on paper.
3. Volunteer at a local orphanage or homeless shelter. These are places that provide services which sometimes parents cannot or have trouble providing. Take a picture of it and describe what you did.
4. Go to the place where your parent's work. Volunteer there for an hour or Keep a log of everything your Mom and Dad do. Thank them for their work. Take a picture of their workplace and write a summary of what you did.
5. Teach your Mom or your Dad one thing you have learned in school, and one thing you have learned from your Jewish education. One way our parents teach us is by supporting Jewish education and we can show Kavod for them by sharing with them what we learned. Take a picture of your class, or your teaching moment and describe what you did.