



## The Heart of Many Chambers- Week 1: Chesed (“Loving-kindness”)

August 31, 2022 | 4 Elul 5782

כִּי תִסַּד חֲפִצָּתִי וְלֹא-זָבַח וְנִדְעַת אֱלֹהִים מַעֲלֹת:

For I desire kindness (*chesed*), not sacrifice;  
Intimacy with God, rather than burnt offerings.

- Hosea 6:6

Pure Heart- Nava Tehila	Psalms 51:12
<p><i>Create a pure heart in me Great Spirit</i></p> <p><i>Create a pure heart in me</i></p> <p><i>And renew a true soul within me</i></p> <p><i>And renew a true soul within</i></p>	<p>לֵב טָהוֹר בְּרֵא-לִי אֱלֹהִים וְרוּחַ נְכוֹן חִדָּשׁ בְּקִרְבִּי:</p>

Shimon the Righteous was from the remnants of the Great Assembly. He would say, "On three things the world stands: on the Torah, on the service and on acts *chesed*."

- Pirkei Avot 1:2

Perhaps it will arise in one's mind that since...so-and-so prohibits and so-and-so permits, [Why] should I henceforth study Torah? Scripture teaches "words" "the words" "these are the words"...all of these words were given by "one Shepherd". One God created them, one Benefactor gave them, the Blessed Master of all deeds said them. **Now make for your heart chambers within chambers** and bring into it the words of Beit Shammai and the words of Beit Hillel.

- Tosefta Sotah 7:7

We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.

- Brene Brown, *The Gifts of Imperfection* (2010)

### **But what is *chesed*?**

We have explained the expression *chesed* as denoting an excess [emphasis added]. It is especially used to describe extraordinary kindness. Lovingkindness is performed in two ways. First, we show kindness to those who have no claim whatsoever upon us.

Secondly, we are kind to those to whom it is due in a greater measure than is due to them...On this account, the very act of the creation is an act of God's loving-kindness. "I have said, The Universe is built up in loving-kindness" (Ps. 89:3)

- Maimonides, *Guide for the Perplexed* 3:53

As The Blessed Holy One is called just [*tzadik*], so should you be just...

As The Blessed Holy One is called kind [*chasid*], so should you be *chasid*.

- Midrash Sifrei, Eikev 49

If I Can Stop One Heart From Breaking-

Emily Dickinson

If I can stop one heart from breaking,

I shall not live in vain;

If I can ease one life the aching,

Or cool one pain,

Or help one fainting robin

Unto his nest again,

I shall not live in vain.

<b>Olam Chesed- Menachem Creditor</b>	<b>Psalms 89:3</b>
<p><i>Olam chesed yibaneh</i> <i>Lai lai lai lai lai lai lai lai lai</i></p> <p><i>I will build this world from love...lai lai...</i> <i>And you must build this world from love...lai lai...</i> <i>And if we build this world from love...lai lai...</i> <i>Then God will build this world from love..lai lai...</i></p>	<p>כִּי־אֶמְרֵתִי עוֹלָם תִּסֹּד יִבְנֶנָּה שְׁמַיִם תִּכְוֶן אֲמִוּנָתְךָ בָּהֶם:</p>