

My Spiritual Check List

Search me, O God, and know
my heart: test my thoughts. Psalm 139:23

(God) gives you the ability to produce wealth.

Deuteronomy 8:18

- Do I work to live, or do I live to work?
- Does what I own define me?
- What am I willing to share? Why do I think I should not?
- Do I give an appropriate amount of my income to help others?

Love your neighbor as yourself.

Leviticus 19:18

- Have I been holding a grudge against anyone or been unforgiving? Why?
- Does my jealousy of others keep me from taking personal responsibility?
- Am I too critical of others?
- Do I gossip to feel superior or better about myself?
- Have I closed myself emotionally from others? Do I hold back from really loving those I should?
- Are there times when I am overly harsh or unkind? Cranky? Judgmental? How can I better control my negative emotions?

Maintaining a healthy body is among the ways of serving God.

Rambam, Mishneh Torah, "Laws of Good Character" 4:1

- Do I make enough time for exercise, seeing it as way to improve my spiritual and emotional life?
- Does physical exercise take up too much of my life, keeping me from developing my intellectual or spiritual life?
- Is there an activity or habit that I engage in that harms me, or takes me away from realizing my full potential?
- Do I make time to rest? Am I willing to give others the time for physical, emotional and spiritual renewal?

Make your Torah study a fixed habit.

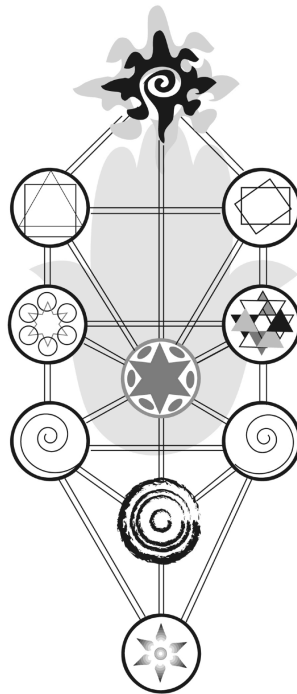
Shammai, Pirkei Avot 1:15

- Where do I learn my values? Am I willing to study Jewish traditions more to find moral, ethical and spiritual guidance to live a better life?
- What is my obligation to pass on my Jewish story to my loved ones?
- Do I see the Torah just as being in the Ark, or do I live by it so that I am a living expression of the Torah's values? How can I do this better?
- Do I make the time to learn about what it means to be a Jew?

Fill the earth and have stewardship over it.

Genesis 1:28

- Am I careful about how I use the resources of our earth?
- Do I eat with spiritual intent? Are there ways that I can limit what I eat – both in quantity and the kinds of foods that have an impact on the environment?
- What more can I do to reduce, reuse and recycle?



In my time of trouble I call upon You, and You will answer me.

Psalm 86:1

- What does faith in God mean for how I live my life?
- Do I make time for prayer – not only communal, but for personal prayer?
- Do I properly acknowledge the blessings in my life?
- Am I honest enough to admit my shortcomings? How can God help me be the best person I can be?

Every person should have two pockets. In one (a note): “for my sake was the world created.” In the other (a note) “I am dust and ashes.”

Rabbi Simcha Bunem

- Do I make time for the people who are closest to me? How can I be better about doing so?
- Am I open to change? What keeps me from doing so?
- Can I forgive? Can I feel forgiven?
- What is there about myself that I love?
- How should I be more humble?

Tzedaka is equal to all the other commandments combined.

Bava Bathra 9b

- Do I give to others at the expense of my family?
- Is my generosity reserved for my family without consideration of the needs of others?
- Why is giving to others the right thing – for them and for me?
- What is an appropriate balance between supporting all people and taking care of Jewish needs?

Were you honest in your business dealings?

Babylonian Talmud, Shabbat 31a

- Am I honest in my work? If not, what keeps me from living with integrity?
- Do I exaggerate to make myself look better or leave a better impression of myself than is true?
- Have you cheated on taxes? Have you stolen things? Failed to return things? Wasted the time of others?
- Do I do good hoping to impress others?
- Are my actions a worthy reflection of what I teach or say?

God, I seek Your face

Psalm 27:8

- Do I take time to consider what I believe about God?
- Am I open to uncertainty as a Jewish spiritual value?
- What is the source of my doubts about a Divine Power? What is there about God that I struggle with?
- Am I willing to admit where I need spiritual help from outside of myself?
- Can I appropriately let go of feeling I have to be in control?
- Are there ways I could be more accepting about my circumstances and fate?
- When do I feel distant from God? When do I feel God is close?

If you would like to explore these – or other – spiritual questions with your clergy, please be in touch. We are eager to help you on your spiritual journey.



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