

What's in a Mitzva?

מְצַוֶּה

*Shoresh (root) Definition: tzava
meaning to attach, join, or bind.*

What's in a Mitzva?

A Kabbalistic Approach



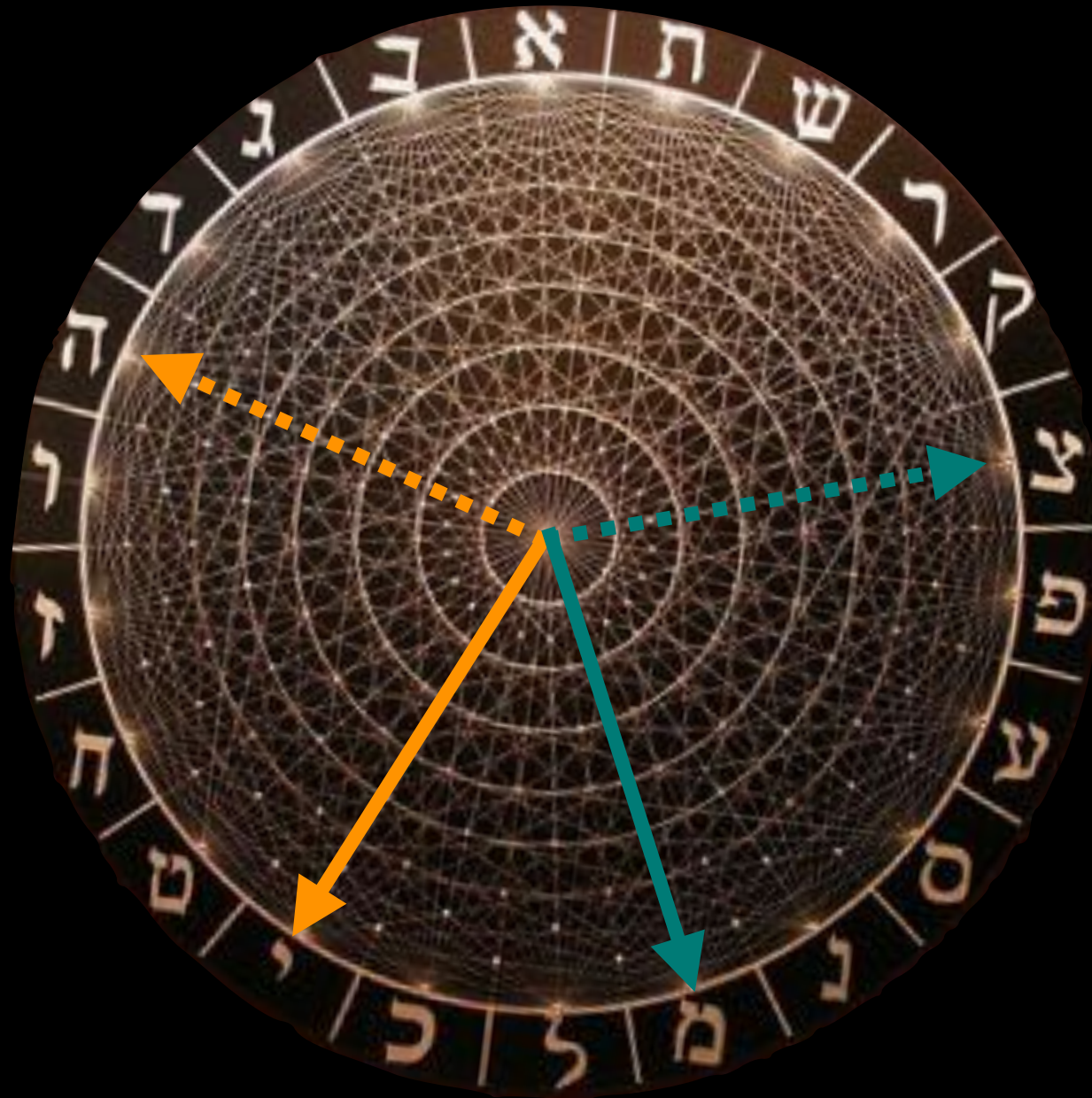
^^ God's Hebrew Name

Pronounced Hashem (the Name) casually.

When praying / learning Torah
we read as
Ah-do-nai (My Master)

10 letters from the
Front = Yud = י

5 letters from the
Front = Hay = ה



מ צ ו ה

A Mitzva -
Good Deed / Commandment

10 letters from the
Front = Mem = מ

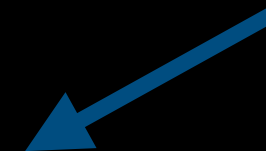
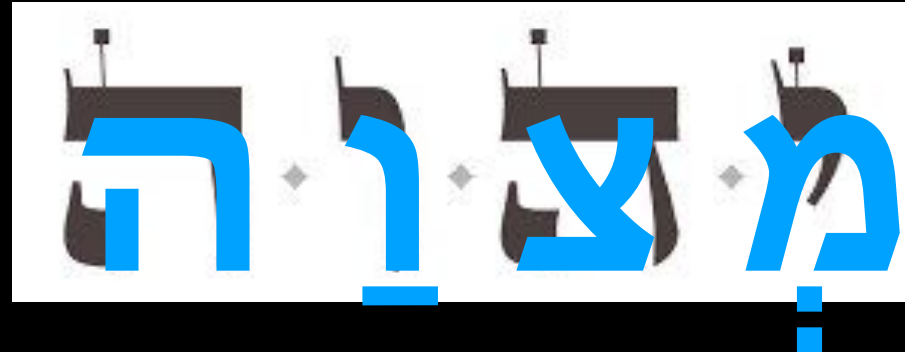
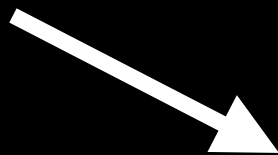
5 letters from the
Front = Tzadi = צ

What's in a Mitzva?

A Kabbalistic Approach



מְצוּה



Performing a Mitzva deeply binds us with Hashem

A Mitzva
is an act of LOVE which
connects us intimately with our Creator

**How Many Days
are in a Year?**

**How Many
Muscles are in the
Human Body?**

365

How Many
Bones are in the
Human Body?

How Many words
are in the entire
Shema Prayer?

248

What is the
Numerical
equivalent of
אברהם

| | | | | | |
|-----|---|--------|---|--------|---|
| 100 | ק | 10 | י | 1 | א |
| הוי | | יוד | | אlef | |
| 200 | כ | 20 | כ | 2 | ב |
| ריב | | כף | | bet | |
| 300 | ש | 30 | ל | 3 | ג |
| שין | | לamed | | gimel | |
| 400 | ת | 40 | מ | 4 | ד |
| תי | | mem | | daleth | |
| | | 50 | נ | 5 | ה |
| | | nun | | he | |
| | | 60 | ס | 6 | ו |
| | | samekh | | vav | |
| | | 70 | ע | 7 | ז |
| | | ayin | | zayin | |
| | | 80 | פ | 8 | ח |
| | | pe | | chet | |
| | | 90 | צ | 9 | ט |
| | | tsadi | | et | |

How Many Seeds are
in a Pomegranate?

613

613 Mitzvot

248 Positive Mitzvot

**Learn Torah,
Honor your Parents
Give Charity,
Keep Shabbat,
Visit the Sick,
Blow Shofar on Rosh Hashana,
Keep Kosher,
etc**



365 Negative Mitzvot

**Do Not Murder,
Do Not Steal,
Do Not commit Adultery,
Do Not Cheat in Business/School
Do Not Oppress the Stranger etc**

