

#10XSTRONGER



THE 10XSTRONGER WORKSHOP

The Jewish people can respond successfully to the immediate and pressing issues of the war in Israel and rising antisemitism worldwide by strengthening our peoplehood, identity, and purpose.

Instead of retreating in fear or anger, we choose to stand up!

The Ten Commandments are our foundation stones. Each is a master key to unlocking our core values and how we can be ten times stronger, united, and more determined.



לא תענה ברעך עד שקר

Do Not Be A False Witness

The light of truth

Introduction:

Human speech allows us, amongst other things, to collaborate, advocate, and give comfort but also to cause pain. There is a responsibility that comes with the unique power of speech. With words, we transform ideas into action and allow for collaboration, but more importantly, we share truths or lies.

Sources:

Sforno on Exodus 20:13

This commandment includes *Lashon Hara*, speaking badly of others when there is no benefit to sharing it, even if it is true, and *Motzi Shem Ra*, spreading damaging lies about others. Even though the main intention is about someone who testifies in court.

לא תענה ברעך עד שקר. ובכלל זה הולך רכיל ומוציא שם רע, אף על פי שעקרו על מעיד בבית דין

Talmud, Arachin 15b

The tongue kills three – the speaker, the listener, and the one spoken about. Rav Chama, son of Rebbe Chanina, asked which verse alludes to this. “Death and life are in the power of the tongue, and they that indulge it shall eat the fruit thereof. (Proverbs 18:21)”

לשון תליתאי קטיל תליתאי הורג למספרו ולמקבלו ולאומרו א”ר חמא ברבי חנינא מאי דכתיב (משלי יח, כא)
מות וחיים ביד לשון

Sefer Chofetz Chaim, Rabbi Yisroel Kagan

Rechilut is specifically tale-bearing. For example, “Guess what Sarah said about you.” (even if it isn’t disparaging and it’s true but, it causes the listener to feel negative about the person).

Discussion:

- In what ways can the tongue kill the speaker, the listener, and the one spoken about?
- How has the way information has been disseminated impacted the rise of antisemitism since Oct 7? What could be done to stem this trend?
- 10XStronger: How can you better discern the truth and insure that you speak truthfully?

10 לא תתחמד Do Not Covet The light of joy

Introduction:

Coveting, or envy, undermines our happiness. It traps us in feeling unfairly deprived of what others have. The antidote for envy lies in recognizing what we do have, and in seeing that each one of us is an individual who can contribute to the world in our own unique way. This allows us to appreciate what we have and contribute uniquely to the well-being of others and our world. When we do that, we find incredible meaning and joy.

Sources:

Pirkei Avot 4:1

Ben Zoma would say: Who is rich? One who is happy with his lot.

בן זומא אומר איזהו עשיר, השמח בחלקו

Alei Shur vol.2 p.71 Rabbi Shlomo Wolbe

Every person should say, "I, with my strengths and talents, facial features and personality traits, am unique in the world. Among all those living today and in all past generations, there was no one like me, nor will there ever be anyone like me until the end of time. God has sent me into the world with a unique mission that no one else can fulfill, only I in my one-time existence."

כל אדם בריאה חד-פעמית, וידע זאת כל אדם: אני עם כחותי ותכונותי, פרצוף פני וסגולות נפשי יחידים בעולם, בין כל החיים עכשיו אין אף אחד כמוני, בדורות שעברו לא היה כמוני ועד סוף כל הדורות לא יהיה כמוני! ואם כך, בודאי הקב"ה שלחני לעולם בשליחות מיוחדת ששום אחר אינו יכול למלאותה, רק אני בחד-פעמיותי

Pirkei Avot 1:14 Hillel

He used to say: If I am not for myself, who is for me? But if I am for myself, what am I? And if not now, when?

הוא הָיָה אומר, אם אין אָנִי לִי, מִי לִי. וְכִשְׁאֲנִי לְעַצְמִי, מָה אָנִי. וְאִם לֹא עִבְשָׁיו, אֵימָתִי

Discussion:

- Why does Ben Zoma use the term "rich" rather than content to refer to someone happy with their lot?
- Since Oct 7, Jew hatred has been on the rise, yet more people are reigniting their Jewish identity. Why is this so, and what does it say about Jewish identity formation?
- 10X Stronger: In what ways can you contribute uniquely to supporting the Jewish people through the crises of war in Israel and worldwide antisemitism?

JOIN THE 10XSTRONGER 30 DAY CHALLENGE!

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The Ten Commandments are our foundation stones. Each is a master key to unlocking our core values and how we can be ten times stronger.

The 30-day challenge will strengthen your Jewish foundations. Download the app, or use your computer. You'll receive a daily inspiration, just a few lines of wisdom around one of the Ten Commandments and its principle guiding your intention for the day. You'll be challenged to do some tasks, sometimes to go out of your comfort zone and other times just to notice something you are not normally aware of. You'll have the opportunity to journal about your experience, thoughts, and what the principle you focused on means to you.

Through this app, you can invite friends and family to participate in this challenge with you and connect with the larger Jewish community.

Through this simple and positive tool, we'll emerge stronger, more united, and more determined.



WWW.CHAIMITZVAH.ORG

 **aseret**

WWW.ASERET.ORG



LEARN MORE

**THE 10XSTRONGER 30 DAY CHALLENGE IS A JOINT
PROJECT OF CHAI MITZVAH and ASERET**

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