

1

I am the Lord
10X more in touch

2

No other gods
10X more fulfilled

3

No name in vain
10X more purposeful

4

Shabbat
10X more connected

5

Honor Parents
10X more grateful

6

Do not murder
10X more nurturing

7

No Adultery
10X more loyal

8

No theft
10X more honest

9

No false witness
10X more truthful

10

No covet
10X more joyful

GROWNUPS + KIDS =
10XSTRONGER

#5 Honor Your Parents



DOR L'DOR FAMILY LEARNING PROGRAM
YOUNG ISRAEL, WEST HARTFORD, CT

#10XSTRONGER IS A JOINT PROJECT OF CHAI MITZVAH & ASERET

HONOR YOUR PARENTS

10

Ten Commandments: *Aseret HaDibrot*

We have all heard of “The Ten Commandments,” or in Hebrew, *Aseret HaDibrot*. Actually, translating *Aseret HaDibrot* as “The Ten Commandments” is a mistake! The correct translation is the ten “statements.” We call the Ten Commandments the *dibrot* (plural) דברות or when referring to a specific commandment, *diber* (singular) דבר. A *devar*, a statement, means something including many details. The Ten Commandments give us details on how to live, so *Aseret HaDibrot* really means the Ten Core Values.



Introduction: Honor Your Parents

Today we will talk about the *diber* to honor your parents. We can learn much from our parents and our parents can even learn from us. We will always be linked to our parents, and they will be linked to us. Let’s explore that relationship together. Use the QR code on the back cover to watch the video below.



We most commonly use the phrase “honor your parents” to mean obey and speak to parents with respect. What does honoring your parents mean to you?

א

Texts:

SOURCE ONE: *Talmud Kiddushin 31b*

The Rabbis taught, how do we respect? And how do we honor? Respect is not sitting or standing in their place, not contradicting them, nor proving them right. Honor is providing them with food and drink, helping them get dressed, covering them, bringing them in and taking them out.

תנו רבנן: אידהו מורא ואידהו כיבוד? מורא – לא עומד במקומו, ולא יושב במקומו, ולא סותר את דבריו, ולא מכריעו. כיבוד – מאכיל ומשקה, מלביש ומכסה, מכניס ומוציא

SOURCE TWO: *Rebbeinu Yonah: Igeret HaTeshuva*

The essence of honoring parents is to give them pleasure either through word or deed.



Conversation:

- How can a child take care of their parents needs?
- When do you think you have given your parents the greatest pleasure?



Puzzle:

In Hebrew, every letter has a number value. That system is called *gematria*. Here's a fun puzzle for parents and children to solve together using *gematria*! You have probably been told (by your parents!) that the fifth commandment is to "honor your father and your mother." But how are you supposed to do that? Use the Gematria Chart and the Word Bank below to solve the riddle. Fill in letters from right to left, because Hebrew is written from right to left. The first one is done for you.

GEMATRIA CHART:

א = 1 • ב = 2 • ג = 3 • ד = 4 • ה = 5
ו = 6 • ז = 7 • ח = 8 • ט = 9 • י = 10 • כד = 20

WORD BANK

אָהֲבָה כִּבֵּד

With a number value of 13, this word means love:

_____ א _____

With a number value of 26, this word means honor:

ANSWER: When you double the value of the word "love," you get the value of the word "honor." So, the way to honor your parents is to show them double the usual amount of love!



Introduction: Children's Obligations to Parents

This *diber* focuses on the specific responsibility we have to our parents.



Texts:

SOURCE ONE: *Exodus 20:12* (The Diber)

Honor your father and your mother, in order that your days be lengthened on the land that the Lord, your God, is giving you.

כִּבְד אֶת־אָבִיךָ וְאֶת־אִמְךָ לְמַעַן יֵאָרְכּוּ יָמֶיךָ עַל הָאֲדָמָה אֲשֶׁר־ה' אֱלֹהֶיךָ נֹתֵן לָךְ:

SOURCE TWO: *Deuteronomy 5:16* (The Diber)

Honor your father and your mother as the Lord your God commanded you, in order that your days be lengthened and it will be good for you on the land that the Lord, your God, is giving you.

כִּבְד אֶת־אָבִיךָ וְאֶת־אִמְךָ כַּאֲשֶׁר צִוָּךְ ה' אֱלֹהֶיךָ לְמַעַן יֵאָרְכּוּ יָמֶיךָ וְלִמְעַן יִיטֵב לָךְ עַל הָאֲדָמָה אֲשֶׁר־ה' אֱלֹהֶיךָ נֹתֵן לָךְ:



Conversation:

- How does honoring your parents help make your life better?
- Why do you think the length of days on the land is connected to honoring parents? Is it a reward? A consequence?



Introduction: Parent's Obligations to Children

The Talmud source below reflects the fact that traditionally the commandments for child-rearing were seen as the obligation of the father. In modern times, of course, the obligations outlined in our traditional sources are seen as the responsibility of both the father and the mother.



Texts:

SOURCE ONE: *Babylonian Talmud, Kiddushin 29a–32b*

The father is bound in respect of his son, to circumcise, redeem (perform a *pidyon ha-ben* if the son is a firstborn), teach him Torah, take a wife for him, and teach him a craft. Some say, to teach him to swim, too. Rabbi Judah said, "He who does not teach his son a craft, teaches him to be a bandit (to join a band of bandits)..." And some say, "[He must teach him] to swim, too." What is the reason? His life may depend on it.

SOURCE TWO: *Babylonian Talmud, Ta'anit 23a*

Once, while the sage Honi was walking along a road, he saw an old man planting a carob tree. Honi asked him, "How many years will it take for this tree to give forth its fruit?" The man answered that it would require 70 years. Honi asked, "Are you so healthy a man that you expect to live that length of time and eat its fruit?" The man answered, "I found a fruitful world because my ancestors planted it for me. So, too, will I plant for my children."

SOURCE THREE: *Rabbi Menahem Mendel of Kotzk*

If you truly wish your children to study Torah, study it yourself in their presence. They will follow your example. Otherwise, they will not themselves study Torah but will simply instruct their children to do so.



Conversation:

- What do all of the obligations of a parent to a child listed in SOURCES ONE and TWO have in common? What would you add to or take away from these obligations in today's times? Why?
- What do you think is the reason parents can't just tell their children to do something that they don't themselves do?
- What do you consider the most important things you have you learned from your parents?



Introduction:

Rabbinic tradition explains that the first tablet contains five statements intended to govern our relationship with God, while the second tablet contains five statements governing relations between people.

Oddly, the fifth commandment, “You shall honor your father and mother,” is included on the first tablet. Long ago, the Rabbis understood this placement to mean that honoring one’s parents is to be understood essentially as an act of worshipping God.



Text:

SOURCE: *Talmud Kiddushin 30b*

Our rabbis taught, “Three partners make a person; God, his father, and his mother. When a person honors his father and mother, God says, ‘I consider it as if I lived among them and you honored me.’”



Conversation:

- In what ways is honoring your parents related to acts of holiness?
- How do your parents honor their parents?
- How do you honor your grandma and grandpa and other important adults in your life?



Introduction:

In the *Avot*, which is said daily as part of the *Amidah*, we remember and honor the fathers of the Jewish people.

Another blessing, the *Parents' Blessing for Their Children*, is the oldest Jewish blessing. Parents have blessed their children with this prayer for more than 3,000 years. It also reminds us of the people who came before us, and expresses our hope that our children will embody the best qualities of our ancestors.



Texts:

SOURCE ONE: *Avot Prayer*

Blessed are you, Adonai our God, God of our fathers, God of Abraham, God of Isaac, and God of Jacob, the great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Abraham's Shield.

ברוך אתה ה' אלהינו ואלהי אבותינו
אלהי אברהם אלהי יצחק ואלהי יעקב
האל הגדול הגבור והנורא אל עליון
גומל חסדים טובים וקונה הכל
ודוכר חסדי אבות
ומביא גואל לבני בניהם למען שמו באהבה
מלך עוזר ומושיע ומגן
ברוך אתה ה' מגן אברהם



SOURCE TWO: Parents' Blessing for Their Children

The words of the blessing are taken from the priestly blessing (Numbers 6:24-26) and the introduction is altered depending on whether the child being blessed is a boy or girl.

For Boys:

May you be like Ephraim and Menashe.

יְשִׁימְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

For Girls:

May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה

For both boys and girls, the rest of the blessing is:

May God bless you and protect you.

יְבָרְכֶךָ ה' וַיִּשְׁמְרֶךָ

Yivarechecha Adonai v'yishmerecha

May God show you favor and be gracious to you.

יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

Ya'er Adonai panav eilecha vichuneka

May God show you kindness and grant you peace.

יֵשֵׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Adonai panav eilecha v'yasem lecha shalom



Conversation:

- These texts talk about special Jewish ancestors. Think about your parents and/or grandparents and why they are special. Choose one, and tell why you chose this person and give an example of their special traits. Prompts are included below to help you get started.

Remembering someone is a way of showing them honor. Tell a story starting with one of these prompts, or make up your own:

“The oldest family member I remember is...”

“I would like you to know this about my mother/father...”

“This story about my mother/father will make you laugh...”

- How do these stories show what is important to your family?
- How can you continue this legacy in the future?



Activity:

- Do you have keepsakes from different family members? (For example, a needlepoint or an old siddur; photos; home movies; and, for the current generation, group texts with photos and videos)? If those keepsakes could talk, what kind of stories would they tell? Tell your family stories in person or virtually, or get *ChatterPix Kids*, a free app by *Duck Duck Moose*. Take photos of those keepsakes and give them a voice! Use the QR code on the back cover to see an example.





Activity:

Each family is like a chain, and each family member is a link, connecting those that came before, those in the present, and those who will join the family in the future.

Make a chain with *LINKS OF LOVE*.

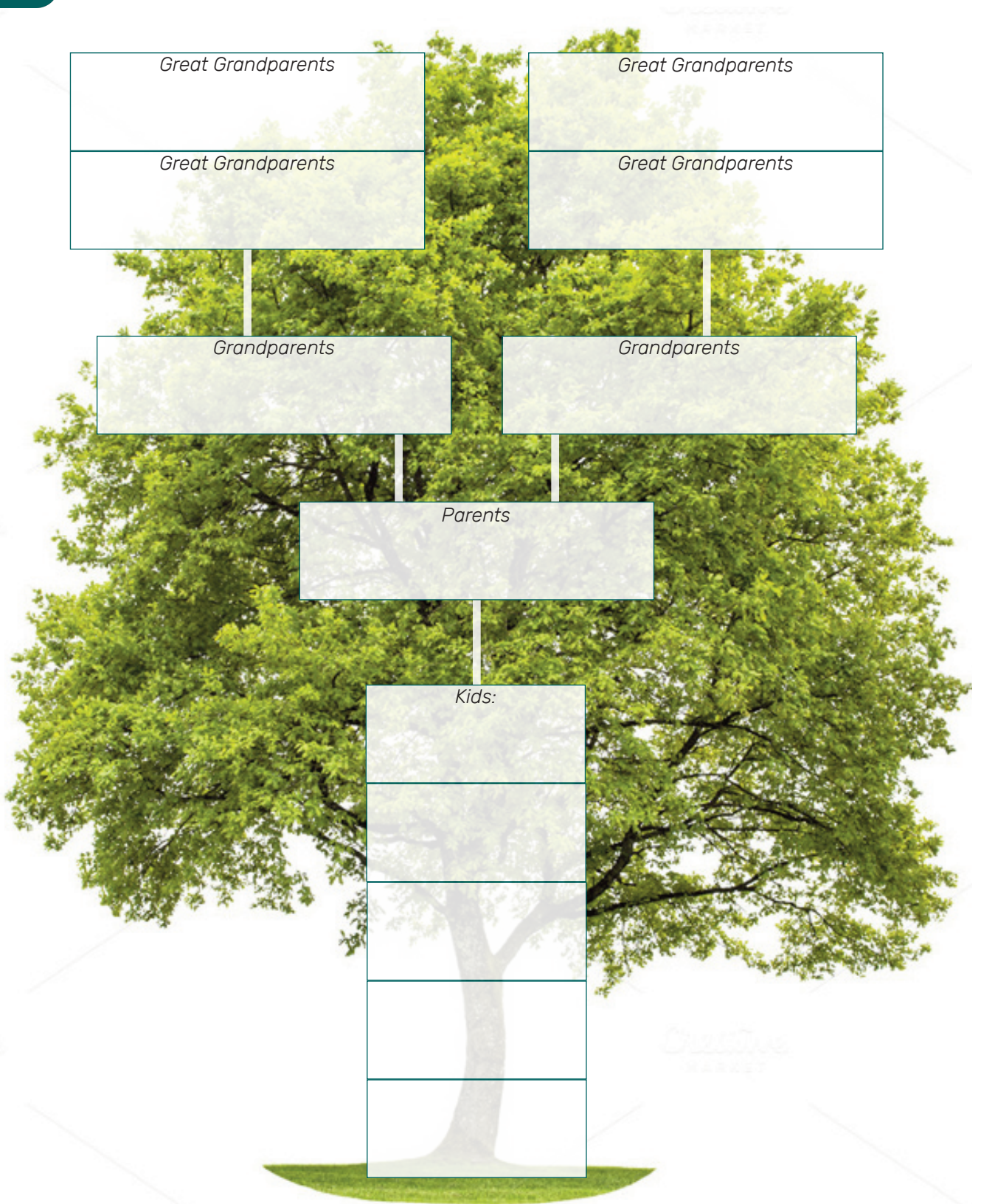
1. Choose your paper. Avoid using thick paper that will not bend easily. Most construction paper should be okay, but you don't want to get much thicker. You want your paper not only to bend, but to stay bent.
2. Cut strips from the paper. Use a ruler and a pair of scissors to cut out a series of long, rectangular strips. Each strip of paper makes one link in the chain. Each new strip should be equal in dimensions to each of the other strips.
3. Make the first link. All you need to do is tape or staple the far ends of one paper strip together into a ring. Try to match up the sides evenly.
4. Write the name, draw a picture, or glue a photo of one family member on each link.
5. Keep adding links. Continue in the same pattern until you have added all of the family members to the chain.

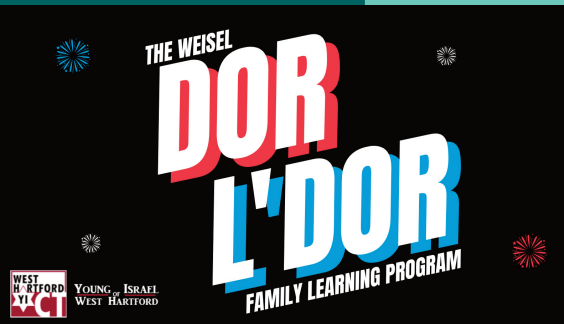




Activity:

FAMILY TREE: Write the names in the spaces below.





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*אברהם שלום בן ניסן אריה וריידע וגיטל חיה בת יוסף אברהם ועטיע
who dedicated their lives to Jewish education.*



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 aseret

Aseret is a nondenominational, international organization devoted to uniting the Jewish people around the big ideas of Judaism contained in the Ten Commandments. WWW.ASERET.ORG



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VIDEOS