

מצוות
עשה
#94

 We learn this mitzvah from Parshas Ki Seitzei: (במדבר ל"ג)

מוֹצֵא שְׁפָתַיךָ תִּשְׁמֹר וְעָשִׂיתָ

Today's *mitzvah* in *Sefer Hamitzvos* is the same as yesterday's:

If a person makes a *neder*, a promise to do something, it is a *mitzvah* to keep his word and do it. (Tomorrow we will learn the *Mitzvas Lo Saasei* of this *mitzvah*, that it is *asur* to NOT keep a promise.)

 The details of this mitzvah are explained in Mishnayos & Gemara:
Many places in Mesechta Shevuos and Mesechta Nedarim, end of Mesechta Menachos, Mesechta Kinim

Rambam: Hilchos Nedarim

PERAKIM DALED, HEY AND VOV

In today's Rambam, we are learning more of the *halachos* of *Nedarim*, promises.

One *halacha* is that even if someone makes a *neder* that he won't get anything from a

friend, his friend still may be allowed to teach him Torah, give him medicine, or do *Bikur Cholim*, which are *mitzvos*!