

מצוות
עשה

#207



We learn this mitzvah from Parshas Eikev: (דברים י"ט)

וְאַהֲבַתְּ אֶת הַגֵּר

We have an extra *mitzvah* to love a *Ger Tzedek*, someone who became a Yid.

MITZVAS
LO SAASEI

#302



We learn this mitzvah from Parshas Kedoshim: (ויקרא י"ז)

לֹא תִשָּׂא
אֶת אַחִיךָ בְּלִבְבְּךָ

We are not allowed to hate someone. If someone did something that makes us upset, we can't be angry at them inside, instead we need to talk to them about it so we can become friends again.

מצוות
עשה

#205



We learn this mitzvah from Parshas Kedoshim: (ויקרא י"ז)

הוֹכֵחַ תּוֹכִיחַ
אֶת עַמִּיתְךָ

We need to say something if we see that someone did or wants to do an *aveira*.

We shouldn't say, "I will mind my own business. I'm not doing an *aveira*; if he is doing an *aveira* it is between him and Hashem!" This is against the Torah.

We need to make sure we don't do *aveiros* ourselves, and we are

ALSO responsible to help make sure others don't do *aveiros* either, as much as possible.

Included in this *mitzvah* is also if someone did something to hurt us, we shouldn't just be angry inside, we should let them know that we were hurt.

There are many details and conditions of how to do this *mitzvah*; like to make sure that we do it in a way that doesn't embarrass the other person.



The details of this mitzvah are explained in Mishnayos & Gemara: in many places

MITZVAS
LO SAASEI
#303



We learn this mitzvah from Parshas Kedoshim: (ויקרא יט:יז)

ולא תשא עליו חטא

It is an *aveira* to embarrass another Yid.

Rambam: Hilchos Deios

PEREK GIMMEL

In this *perek*, we learn that a person should make sure that the things they do are so they can do what Hashem wants. Instead of playing outside just because it's fun, or eating healthy food because we don't like going to the doctor, or sleeping because we like to — we should do these things because when we take care of ourselves, our *neshama* has a strong body to use to do lots of *mitzvos*!

PEREK DALED

The Rambam teaches which foods to eat to stay healthy. The Rambam also says that it is very important to exercise to be healthy. So go run around outside!

PEREK HEY

We learn how a *Talmud Chochom* should act, in a *mentchlich*, *tznius'dike* way, different from most of the world.

For example, he should always have clean clothes, and not scream when he's talking!