

Title	Description	Relation	Type	Obligation
Do Netilat Yadayim (Handwashing)	By washing our hands upon waking, we purify ourselves and begin the day clean and energized. By washing our hands before eating bread, we turn our table into an altar and prepare ourselves in the same way the Kohanim (priests) did in the Temple. "Sanctify yourselves and be holy" (Vayikra 20:7).	Between man and God	Active Mitzvot	Man and Woman
Say Asher Yatzar after using the bathroom	Our sages teach us that one of the things comparable to the miracle of the splitting of the Red Sea during the Exodus from Egypt is the ability to relieve oneself successfully. We don't usually realize everything that has to happen for a bite of food to be digested by our body—absorbing the nutrients and disposing of the rest. For example, the stomach doesn't just digest; it also withstands its own acid, which is so strong (pH 1-2) that it can corrode metal. The miracles required for our body to function properly are countless. When we say the blessing of Asher Yatzar, we thank Hashem for a body that is so perfectly designed and for keeping it working properly at all times. (This blessing, like all blessings, should be recited outside the bathroom.)	Between man and God	Active Mitzvot	Man and Woman
Say Birkot Hasachar	Saying the morning berachot shortly after waking up helps us appreciate the gifts we receive from Hashem in this new day. It is also a powerful way to praise Hashem and stay spiritually aware throughout the day. Each of the 15 berachot holds unimaginable depth—but even if we don't fully understand that depth, we grasp the general idea and can grow through saying them.	Between man and God	Active Mitzvot	Man and Woman
Say the Shema (Morning and Evening)	It is a mitzvah to recite the Shema every morning and every night. The declaration "Shema Yisrael, Adonai Eloheinu, Adonai Echad" is the central affirmation of our faith. The Shema reminds us of the oneness of God (He is the One who creates everything and He Himself makes everything that happens) and strengthens our Jewish identity and daily commitment. "Hear, O Israel: Hashem is our God, Hashem is One" (Deuteronomy 6:4).	Between man and God	Active Mitzvot	Man and Woman
Wear Tzitzit	The tzitzit on our garments remind us of God's commandments and help us live with greater intention and awareness, reminding us not to stray from God's will at any time. Tzitzit are worn only by men, either on a Tallit Gadol (daily Shacharit) and/or a Tallit Katan. "And you will see them and remember all the commandments of Hashem" (Bamidbar 15:39).	Between man and God	Active Mitzvot	Man

Put on Tefillin	"By tying tefillin on the arm opposite the heart and on the head, we submit our mind, heart, and actions to serving Hashem. Jewish men wear tefillin during Shacharit (Morning Prayer) daily, except on holidays and Shabbat. "And you shall bind them as a sign upon your hand, and they shall be frontlets between your eyes" (Deuteronomy 6:8)."	Between man and God	Active Mitzvot	Man
Pray Shacharit (Morning Prayer)	We begin the day by praying to Hashem, awakening in us the awareness of a constant dialogue with Hashem and remembering that He loves us and hears us every time we seek Him. This prayer was established by our patriarch Abraham and also corresponds to the morning Tamid offering that was performed daily in the Beit Hamikdash (Holy Temple)."	Between man and God	Active Mitzvot	Man and Woman
Pray Mincha (Midday Prayer)	During the afternoon, Mincha maintains our commitment to our constant dialogue with Hashem and reminds us that He loves us and hears us every time we seek Him. This prayer was established by our patriarch Yitzchak and also corresponds to the afternoon Tamid offering that was performed daily in the Beit Hamikdash (Holy Temple).	Between man and God	Active Mitzvot	Man and Woman
Pray Arvit / Maariv (Evening Prayer)	At the end of the day, Arvit/Maariv gives us another opportunity to give thanks, ask for forgiveness, and communicate with Hashem, preparing us for a good rest filled with peace and renewed energy. We are able to constantly dialogue with Hashem; He loves us and hears us in everything." moment we seek Him. This prayer was established by our patriarch Yaakov and also corresponds to the parts of the sacrifices that were burned on the altar each night.	Between man and God	Active Mitzvot	Man and Woman
Say the Shema before Sleeping	In addition to the mitzvah of reciting it in the morning and at night, it is also customary to recite it just before going to sleep. Reciting the Shema before going to bed gives us protection, we end our day with words of Torah, and when we close our eyes, we place our complete trust in Hashem. "In peace I will both lie down and sleep, for You alone, Hashem, make me dwell in safety" (Tehillim 4:9).	Between man and God	Active Mitzvot	Man and Woman
Fear Hashem	Hashem is absolutely kind and loves us. He gave us the gift of free will, which separates us from all other creatures in existence. He created a system in the world where when a person does a spiritually negative action, they suffer spiritual harm as a result. The only thing we have to fear is ourselves and the harm we can cause ourselves if we do things we shouldn't. "What does Hashem your God ask of you? Only that you fear Him" (Deuteronomy 10:12).	Between man and God	Active Mitzvot	Man and Woman

Rejoice	If you are reading this, it is because Hashem is absolutely kind and loves you; you exist and are alive. How many people who are no longer here would be willing to give so much to have just one more day of life? Smiling and serving Hashem with joy can change our lives completely. "Serve Hashem with joy" (Tehillim 100:2).	Between man and God	Active Mitzvot	Man and Woman
Put on a Kippah (Head Covering)	The Talmud says that the purpose of wearing a kippah is to remind us of God, who is the Supreme Authority, and He is "above us" (Kiddushin 31a). Wearing a kippah also shows that you are proud to be Jewish and obliges you to have a higher standard of behavior, which determines what you generate in the people who see you; Kiddush Hashem (sanctification of God's name) or, G-d forbid, Chillul Hashem (desecration of His name).	Between man and God	Active Mitzvot	Man
Study Torah	At the most basic level, Torah study gives a person knowledge about how to practice Judaism and fulfill the mitzvot. The Torah is the instruction book for life. You would never give someone a very expensive and complex computer without them having a way to learn how to use it. Therefore, it should come as no surprise to us that when God gave us life, the most complex (and wonderful) gift in existence, He also gave us a book of instructions: the Torah. "You shall meditate on it day and night" (Yehoshua 1:8).	Between man and God	Active Mitzvot	Man and Woman
Say Berachot (Before and After Eating)	Each blessing at the beginning and end of a meal acknowledges that the source of all nourishment is Hashem. By saying blessings over food, we elevate it and nourish our souls as well. "You will eat, be satisfied, and bless Hashem" (Deuteronomy 8:10).	Between man and God	Active Mitzvot	Man and Woman
Follow The Halacha	Observing Jewish law in every aspect of life maintains our commitment to serving Hashem and submitting to His will, which we also know is best for us even if we don't understand it. "Do not turn aside from the word they declare to you, neither to the right nor to the left." (Devarim 17:11)	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Give Thanks Upon Waking (Mode Ani)	By saying the Mode Ani, we thank Hashem immediately upon rising for the gift and opportunity of another day of life, recognizing that we have a purpose for living and Hashem trusts us to fulfill it.	Between man and God	Active Mitzvot	Man and Woman
Practice Tzeniut (Modesty in Dress and Conduct)	Practicing modesty is a manifestation of respect for oneself and others, reminding us that beauty and worth are internal, and that we are souls, not bodies.	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Greet with Sincerity and Joy	A sincere greeting not only conveys courtesy, but also sows peace, joy, and unity in the community, fulfilling the command to seek harmony in every encounter. "Seek peace and pursue it" (Tehillim 34:15).	Between people	Active Mitzvot	Man and Woman

Avoid Saying Lashon Hara (Badmouthing)	Guarding our words is fundamental, as the tongue can build or destroy. This command compels us to promote truth and goodness in every conversation. Speaking ill of others is very serious, and before communicating, we must be aware that we become slaves to our words when they come out of our mouths. "Death and life are in the power of the tongue" (Proverbs 18:21).	Between people	Prohibitive Mitzvot	Man and Woman
Do a Chesed (Act of Kindness) Daily	Performing an act of kindness each day not only improves our lives and the lives of those around us, but also uplifts our spirits, directing us toward the purpose for which we were created. "You shall love your neighbor as yourself" (Vayikra 19:18).	Between people	Active Mitzvot	Man and Woman
Get Up Early to Serve Hashem	Starting the day with determination and dedication is a way to honor G-d, taking advantage of the first hours of the day that Hashem gives you as an opportunity to fulfill your purpose.	Between man and God	Active Mitzvot	Man and Woman
Thank Hashem for Something Specific	Nothing should be taken for granted. Everything we have is a gift from Hashem and is not dependent on us. Being aware of just a few of the countless gifts you have helps you be happier and appreciate and make much more of what you have. "Give thanks to Hashem, for He is good" (Tehillim 118:1).	Between man and God	Active Mitzvot	Man and Woman
Love Your Neighbor	We are all part of the world that Hashem created, and therefore, our value cannot be earned or lost; it is inherent in our essence and is immutable. We must treat each other with love and respect at all times, care for others, and replace hatred with love. "You shall love your neighbor as yourself" (Vayikra 19:18)	Between people	Active Mitzvot	Man and Woman
Give Tzedakah (Charity)	Charity, whether in the form of money, time, or resources, is a pillar of our Torah and society that invites us to share our blessings with those most in need and ensure that no one is abandoned or left behind. "If there is a poor person among you... you shall not harden your heart." (Devarim 15:7)	Between people	Active Mitzvot	Man and Woman
Lend Without Interest	Offering genuine help without expecting anything in return strengthens the community and fosters equity and unity, following the ideal of caring for one's neighbor and being concerned for them without selfish motives. "You shall not give him your money with interest." (Vayikra 25:37)	Between people	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Honor Your Parents	Respecting and caring for those who have given us life is a Torah obligation, which strengthens the family, teaches us not to be arrogant, and directs us to the right path as individuals, families, and as a society. "Honor your father and your mother" (Shemot 20:12).	Between people	Active Mitzvot and Prohibitive Mitzvot	Man and Woman

Do Bikur Cholim (Visiting the Sick)	Providing companionship and support to the sick is an act of love and compassion, following the example of Abraham, who always showed hospitality and care. This demonstrates that we are a united people in both happy and difficult times.	Between people	Active Mitzvot	Man and Woman
Return Lost Items	Recovering what was lost not only restores another's property, but also demonstrates our honesty and integrity in every action. "You shall surely return them to your brother." (Devarim 22:1)	Between people	Active Mitzvot	Man and Woman
Receive Guests and Show Hospitality	Receiving visitors into our home is an expression of love and generosity, strengthening our unity and love as a people. This mitzvah reflects the hospitality exemplified by Abraham (Bereshit 18:2.)	Between people	Active Mitzvot	Man and Woman
Bring Joy to Others	With a kind gesture or a few words of enthusiasm, we can brighten someone's day. By doing so, we share our joy and bring light, love, and happiness to the world.	Between people	Active Mitzvot	Man and Woman
Respect the Elderly	Honoring and respecting those who have lived many years and accumulated wisdom is a commandment that helps us maintain a good path as a society and not forget the elderly. "You shall rise before the gray-headed and honor the presence of the elder." (Vayikra 19:32)	Between people	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Avoid Conflicts and Make Peace	Promoting reconciliation and avoiding disputes strengthens us as a people, fosters good coexistence, and fosters love for one another. This is the way to be united.	Between people	Active Mitzvot	Man and Woman
Be Patient and Avoid Anger	Patience is a virtue and a reflection of spiritual greatness. Your self-control defines the path you follow. Controlling anger brings us closer to "resembling" Hashem, who is compassionate and merciful. "He who is slow to anger is better than the mighty, and he who rules his spirit than he who captures a city." (Proverbs 16:32)	Between people	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Give Up Your Seat or Turn	Small gestures of courtesy, such as giving up your seat, demonstrate our respect and love for others, making our kindness visible and teaching them to love as themselves.	Between people	Active Mitzvot	Man and Woman
Give a Sincere Compliment	Recognizing and praising others strengthens their spirits and creates an atmosphere of positivity and good coexistence, essential for loving one another.	Between people	Active Mitzvot	Man and Woman
Help Without Being Asked	Anticipating the needs of others and proactively offering help is the most genuine form of kindness, and with it, you can transform lives.	Between people	Active Mitzvot	Man and Woman
Concern for the Emotional Well-being of Others	Listening to, accompanying, and supporting those going through difficult times can change their lives. Empathy and solidarity are values we should all practice, and by doing so, you will have a huge positive impact.	Between people	Active Mitzvot	Man and Woman

Eat Kosher (and with a Blessing)	Just as you can't put water, or a mixture of water and fuel, instead of pure fuel, in a sports car, we must eat the best food for us (physically and spiritually). We achieve this by choosing foods approved by the Torah and the rabbis. By saying their blessings, we acknowledge that all nutrition and all food come from Hashem, in addition to renewing our physical and spiritual energies. "For I am the Lord your God; therefore sanctify yourselves and be holy, for I am holy." (Vayikra 11:44)	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Keep Kashrut (Continuously)	Observing the dietary laws of Kashrut keeps us pure physically and spiritually. This is a very important step in our commitment to serving Hashem and doing His will. It's also good for us.	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Make Hafrashat Challah (Separate the Dough)	By reserving the first portion of the dough for Hashem, we remember that He gives us everything, even if we physically struggle to obtain it. This is also similar to the offerings of the first fruits of the harvest in the fields that were taken to the Beit Hamikdash (Holy Temple) three times a year (Sukkot, Shavuot, and Pesach). "From the first of your dough, you shall give an offering to the Lord throughout your generations." (Bamidbar 15:21)	Between man and God	Active Mitzvot	Man and Woman
Immerse yourself in a Mikveh (Ritual Bath)	By immersing ourselves in the mikveh, we purify ourselves, preparing ourselves for a new stage of holiness. "He shall wash in water and be clean." (Vayikra 14:8)	Between man and God	Active Mitzvot	Woman
Place a Mezuzah	Installing a mezuzah on the doorpost turns the home into a protected space. Every time we enter and leave our home, this is a reminder to fulfill the Torah that G-d gave us at all times and in all places. "You shall write them on the doorposts of your house and on your gates." (Devarim 6:9)	Between man and God	Active Mitzvot	Man and Woman
Say Shehecheyanu When Using or Eating Something New	By saying the Shehecheyanu blessing, you express gratitude for reaching a special moment, recognize the joy of living in each moment, and appreciate it even more.	Between man and God	Active Mitzvot	Man and Woman
Use Kosher Keilim (Approved Utensils)	Using utensils that comply with the laws of kashrut in our kitchens and in the places where we eat reinforces our observance and determination to fulfill Hashem's will and be pure.	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Prepare for Shabbat	Organizing the home, preparing meals, and creating a special environment helps us make the most of this important day that Hashem gave us to focus on connecting with Him and with ourselves. "Remember the day of Shabbat to sanctify it" (Shemot 20:8).	Between man and God	Active Mitzvot	Man and Woman

Light Shabbat Candles	By lighting the candles, we change the atmosphere of the week and welcome Shabbat. This mitzvah is performed by the women of the house whenever they are present. It is a symbol of separation between the ordinary and the sacred and a very propitious moment to ask Hashem for health, parnasa tova (good money), staying on His path, and our personal requests.	Between man and God	Active Mitzvot	Man and Woman
Observe Shabbat	"Hashem created the world in six days, and on the seventh day He rested." Does G-d get tired? Does He need to rest if He is Almighty? Our Sages teach us that not resting is not a physical rest as we imagine it, but rather a cessation of creation. That is why all the work that is prohibited on Shabbat is learned from the actions that were performed to create the Miskhan (Tabernacle). God gave us this day so we can connect to Him, connect to ourselves, and forget about all the mundane things we create every other day of the week.	Between man and God	Active Mitzvot and Prohibitive Mitzvot	Man and Woman
Say Friday Night Kiddush	The Hebrew word kiddush translates as "sanctification" or "separation." Kiddush refers to a short text recited over a cup of wine on Shabbat eve, as it is a mitzvah to verbally declare that Shabbat, the seventh day of the week, is set apart and holy. The declaration consists of three parts: the recitation of Torah verses on the sanctity of Shabbat (taken from the verses in Genesis that describe the first Shabbat in history, just after God created the world), the blessing over the wine, and a blessing in which we thank God for choosing our nation and giving us the gift of Shabbat. We do it on Friday nights: once during prayers and again with a glass of wine before dinner. (chabad.org) "Remember the Shabat day, to keep it holy" (Shemot 20:8).	Between man and God	Active Mitzvot	Man and Woman
Eat Challah	This is a symbol of the manna that Hashem sent us from heaven to feed us every day while we were in the desert. On the sixth day, we received a double portion of manna because Shabbat, the seventh day, is a day of ceasing from worldly labors, and therefore, we do not seek our sustenance on this day.	Between man and God	Active Mitzvot	Man and Woman
Have a Shabbat Dinner	Shabbat dinner takes place on Friday night. It is the first of the three required Shabbat meals. It begins with the Kiddush (blessing over wine), the consumption of challah, and then a joyful and festive meal. (aish.com)	Between man and God	Active Mitzvot	Man and Woman
Say Birkat Hamazon (The Blessing After Eating Bread)	At the end of the meal, we thank Hashem, recognizing that He is the One who gives us the food we eat and all our sustenance. "And you will eat and be satisfied, and you will bless Hashem your God" (Devarim 8:10).	Between man and God	Active Mitzvot	Man and Woman

Make Havdalah	The Havdalah ceremony marks the end of Shabbat, helping us separate the sacred from the ordinary and begin the week with holiness.	Between man and God	Active Mitzvot	Man and Woman
Invite Someone to your Shabbat Table	Opening our homes and sharing Shabbat with others is an act of generosity that unites us and a very great mitzvah.	Between people	Active Mitzvot	Man and Woman
Buy Something Special for Shabbat	Small details, such as a special fruit or a sweet, intensify the Shabbat atmosphere and help us sanctify this day, saving the best we have obtained during the week to eat on Shabbat.	Between man and God	Active Mitzvot	Man and Woman
Read the Parsha of the Week or Hear a Dvar Torah	Hashem's wisdom is infinite; by listening to or reading words of Torah, we can learn things that will change our lives, our spiritual situation, and even our physical situation.	Between man and God	Active Mitzvot	Man and Woman
Give Tzedakah before Shabbat	Making a charitable donation before Shabbat sets the stage for welcoming the holy day by performing an act of generosity in honor of it.	Between people	Active Mitzvot	Man and Woman
Hear the Shofar on Rosh Hashanah	The sound of the shofar opens the doors of heaven and our hearts. Hearing it is a time to pray, open ourselves, give thanks, and reflect. We also blow the shofar to remember the test Hashem gave Abraham, which Abraham overcame by being willing to give up his beloved son. Just before he sacrificed him, an angel sent by Hashem took his hand and offered him a ram to sacrifice in place of his son. The shofar is the horn of a ram or another kosher animal. We ask Hashem to remember for us the merits of our patriarchs, to have mercy on us, and to judge us well. "And on the day of your rejoicing... you shall blow the trumpets." (Bamidbar 10:10)	Between man and God	Active Mitzvot	Man
Light the Hanukkiyah on Hanukkah	The light of the Hanukkiyah celebrates the miracle of the reinauguration of the Beit Hamikdash (Holy Temple) and invites us to keep alive the flame of faith in Hashem and the Torah. It is a reminder that even in difficult times we must not abandon our identity or hope.	Between man and God	Active Mitzvot	Man and Woman
Eat Matzah on Pesach (Passover)	Matza is a very important part of the Jewish people's liberation from slavery in Egypt. The people exited in haste and there wasn't enough time for the bread to rise. This is a crucial mitzvah for everyone during Passover. "They shall eat the meat that night... with unleavened bread." (Shemot 12:8)	Between man and God	Active Mitzvot	Man and Woman
Build the Sukkah or Be in it on Sukkot	The sukkah is a temporary home that connects us to the way our ancestors lived in the desert. On Sukkot, we eat in the sukkah, sleep in it, study Torah in it, and try to spend a lot of time there. In a deeper sense, being in the sukkah compares to our life in this world; it reminds us that we are here temporarily and that we must serve Hashem and be happy during our stay here. "You shall dwell in booths" (Vayikra 23:42).	Between man and God	Active Mitzvot	Man

Give Mishloach Manot on Purim	This mitzvah contributes to our unity and love as a people. A mishloach manot should not be exclusively for our loved ones. Rather, if there is a person in our community with whom we are not on good terms, it is good to seek reconciliation and give them a mishloach manot to improve the relationship.	Between people	Active Mitzvot	Man and Woman
Have a Bar Mitzvah Ceremony	A Bar Mitzvah is the moment when a boy turns 13 and automatically begins being considered mature, responsible for his actions, and with greater religious obligations. This is a very important moment in the life of a Jewish man. Holding a ceremony or celebratory event in honor of a Bar Mitzvah greatly motivates the young man, makes him feel loved, and strengthens the affection of those present for Hashem and the Torah He gave us.	Between man and God	Active Mitzvot	Man
Have a Bat Mitzvah Ceremony	A Bat Mitzvah is the moment when a girl turns 12 and automatically begins being considered mature, responsible for his actions, and with greater religious obligations. This is a very important moment in the life of a Jewish woman. Holding a ceremony or celebratory event in honor of a Bat Mitzvah greatly motivates the young woman, makes her feel loved, and strengthens the affection of those present for Hashem and the Torah He gave us.	Between man and God	Active Mitzvot	Woman
Perform Brit Milah (Circumcision)	This covenant was made by Hashem with our patriarch Abraham. Every Jewish male must have this covenant in his flesh to be considered Jewish. "This is my covenant which you shall keep... every male among you shall be circumcised." (Bereshit 17:10–11)	Between man and God	Active Mitzvot	Man
Make the Bride and Groom Happy	Contributing to the happiness of the bride and groom during their wedding is a very great mitzvah that celebrates love, makes the bride and groom feel happy and loved, and unites us as a people.	Between people	Active Mitzvot	Man and Woman
Fast on Corresponding Days (Tisha B'Av, Yom Kippur, Fast of Esther, etc.)	Fasting is an act of introspection, repentance, and/or mourning; it often allows us to purify our souls and focus on what truly matters.	Between man and God	Prohibitive Mitzvot	Man and Woman
Go to a Cemetery and Recite Tehillim	Visiting a loved one who is no longer here and reciting Tehillim is a way to honor their memory and uplift their soul.	Between people	Active Mitzvot	Man and Woman
Accompany the Deceased to Burial (Levayat Hamet)	Being present at the burial brings comfort to the family and expresses the value of solidarity in difficult times.	Between people	Active Mitzvot	Man and Woman
Comfort the Mourners (Nichum Avelim)	Offering words of encouragement and being with those who suffer loss is a very great mitzvah.	Between people	Active Mitzvot	Man and Woman