VOLUME 66

אצוות צריכות כוונה

מצות כיבוד אב ואם/

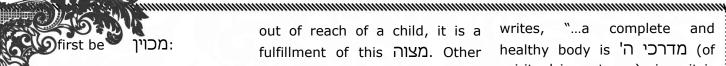
inquire about their wellbeing inquire about their wellbeing and dressing them. After a parent passes away, the mitzvah can include saying Kaddish for them, naming a child after them, as well as any child after them, as well as and dressing them. After a

main כיבוד ואם אב is in one's thoughts. One must feel awe and fear of his parents, and not simply go through the motions without any feeling. Along these lines, the חרדים writes (ט:לה) that by feeling awe and fear, one's actions will follow suit. The שרוב סופר writes that honoring a parent is natural and proper, since a child recognizes that their parents have provided for needs from infancy. However, this is not the מצוה of כיבוד אב ואם; it is simply 'honoring a benefactor'.

However, he explains, the mitzvah of כיבוד אב ואם is even if the parent was not good to the child! Even so it is a mitzvah to honor them, כי כן (כתב סופר, פרשת ואתחנן) . **צוה ה'**

Chazal teach us that there are other people with whom we are commanded to perform these mitzvos, besides for our parents. For example, since בני 'בנים הרי הן כבנים, one is obligated in these mitzvos for grandparents as well. Stepparents are also included. (חרדים פ' יב, אות ג). In addition, according to some שיטות, one is obligated in the mitzvah kibud towards in-laws. דרבנן one is also obligated in the אַצור of כיבוד for an oldest brother!

When fulfilling the mitzv to honor these_people, one must 1



הריני מכוין לקיים מצות כיב זקני/ החם/ החמות/ אחי הגדו כאשר צוה השם

שמירת הגוף

the floor and securing outlets or exposed electrical wiring.

The אווף places a very strong emphasis on a person's responsibility to maintain his health and stay safe. We are given several nilly in this respect.

The winter is a good time to think about these nilly in this respect.

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This nilly also applies to nilly in the walkway.

We that fit to melt the ice on his walkway.

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In the wintertime, one can the tellifiling many mitzen display to make a well! When one is careful to spill out used not self-united to spill out

out of reach of a child, it is a fulfillment of this מצוה. Other examples are: closing a child safety gate or fastening the safety locks on cooktop knobs, draining a bath after bath time, cleaning up broken glass from the floor and securing outlets or exposed electrical wiring.

"...a writes, complete healthy body is 'מדרכי ה' (of spiritual importance) since it is impossible to understand or know anything from the wisdom of the Creator if a person is sick. Therefore, it is necessary for one to distance himself from that that which causes the body to deteriorate, and to [instead] act in ways that increase healing. עיין קיצור), (עיין פ' ד הלכה א'), (הלכות דעות פ' ד הלכה א שולחן ערוך ס' לב ס' א)

We already do many things that fit this description! All that's needed is a quick thought to turn these actions into מצוות ומדאורייתא!

Some examples of this מצוה are, exercising or taking a walk, going to sleep on time, buckling your seatbelt, being careful not to text while driving, stopping at a stop sign, looking both ways before crossing a street, going to sleep on time, staying calm in stressful situations (see Karyana d'iagarta - written by the Steipler - 242) following doctor's your instructions, and also taking medicine or vitamins when necessary.

The winter gives us unique opportunities to do this מצוה. We drive cautiously on icy roads, and we put on a warm coat before going outside.

Before doing each of these, let us be careful to have kayana and earn the מצוה:

הריני מכוין לקיים מצות ונשמרתם מאד לנפשתיכם" 'כאשר ציוה ה

For questions and comments, please call 917-863-2685 or email 613kavana@gmail.com. To subscribe, just send us a blank en For a more complete understanding of the topic of מצוות צריכות כוונה, as well as additional practical applications, s