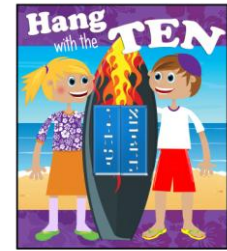


Hang with the TEN



Overarching themes

All lessons should support and bring out these overarching themes:

'אהבת ה' - Hashem has endless love for each individual He created. This in turn, should inspire us to live our lives imbued with a love for our Creator, Hashem. *All lessons taught should be presented through this prism of 'אהבת ה' ... He loves us and we love Him... now let's learn how to show this love to Hashem in real and meaningful ways.*

דירה בתחתונים - Performing the mitzvot of **בין אדם לאדם** should enhance and elevate our performance of the mitzvot of **אדם לחברו**. Together, these two categories of mitzvot are the vehicle by which we can create a **דירה בתחתונים** – a more g-dly world. *Each dibrah should be taught with a clear "ובכן" how to go about fulfilling our purpose in creation: to create a דירה בתחתונים, revealing Hashem in every part of our lives.*

Individual lessons

18 forty-five minute lessons. Presented on 2 levels. Covering the following fundamental Torah concepts.

Lesson #	Topic	
1	Intro to Aseret haDibrot – 1	The English translation of Torah words do not accurately depict the full meaning and depth of the word. The Aseret haDibrot are more accurately described as categories of mitzvot rather than ten of the 613 mitzvot.
2	Intro to Aseret haDibrot – 2	There are 2 categories of mitzvot: בין אדם לחברו and בין אדם למקום . Each one is intended to strengthen and support the other so that we can create a דירה בתחתונים and reach our Divine potential.
3	אנכי – 1	The concept of Emunah in Hashem is also not fully appreciated by its English translation (faith). Emunah can be translated as faithfulness – to the lessons we learn and the experiences we have in this world. Emunah is from the root word אמן - train. We must train ourselves to see the yad hashem in the world and its intricate workings. This will deepen our relationship with Hashem and foster even greater connection to Him (m'besari echezeh elokah) .



Curriculum Map of the **Hang with the TEN** learning program

4	2 - אונת	The Mitzvot of שמע, שבת and תפילין are related to יציאת מצרים. Personal growth through constantly breaking our own barriers is a form of יציאת מצרים.
5	1 - לא יהיה	Ancient and contemporary forms of idol worship get in the way of building a connection with Hashem.
6	2 - לא יהיה	Anger is a form of idol worship as it demonstrates a lack of Emunah in the plan of Hashem for our lives.
7	לא תשא	Using the name of Hashem in the proper context of Torah and Tefillah creates and preserves the reverence and awe in the relationship between man and Hashem. 'יראת ה' is an important balance to the אהבת ה' of the first Dibrach. Shemot and genizah preserve the dignity of Hashem's name.
8	שבת	Shabbat gives man the opportunity to recognize the bountiful blessings in his life and in particular to the blessings of the work of his hand. The Kiddush (Friday night) is the Biblical mitzvah for this Dibrach.
9	כבד	Respecting/honoring parents is placed in בין אדם למקום category because parents are partners with Hashem in the creation of the child. The extension of that: there is a Divine reason for each individual's existence in this world. The individual has a G-dly mission which no other can do. The kaddish is the last act of respect one can show his/her parent after they pass away.
10	1 - לא תרצח	Man was created בצלם אלקים; this is one reason for the severity of the crime of murder (killing for no purpose). Torah mandates caution in the way we live to protect the preciousness of all life.
11	2 - לא תרצח	Shaming someone is a subtle form of murder as it attempts to "kill" another's self-worth and causes the blood to drain from the face akin to actual blood being spilt in the act of murder.



Curriculum Map of the **Hang with the TEN** learning program

12	לא תגנב	<p>Following the interpretation of dibrot being categories of mitzvot, the literal meaning of this dibrah, kidnapping, will be taken to include all forms of stealing.</p> <p>Many scenarios of stealing will be explored.</p>
13	לא תנאף - 1	<p>Marriage gives the opportunity for bringing holiness and the Divine presence into one's home. Nothing/no one should stand between the relationship of husband and wife.</p>
14	לא תנאף - 2	<p>The Mitzvot and traditions of the Jewish marriage serve to strengthen the G-dly bond between man and woman.</p>
15	לא תענה - 1	<p>The character traits of honesty and integrity are natural evolutions to this Dibrah. Emunah in Hashem should prevent lapses in honesty and integrity with the realization if all is the way it was intended to be by Hashem, there would be no reason to lie to try and manipulate and change the situation.</p>
16	לא תענה - 2	<p>The concept of a בית דין, both ancient and contemporary with an emphasis on לא בשמים היא support this dibrah of testifying in a court.</p>
17	לא תחמוד	<p>Desiring that which someone else has is an indication of a lack of Emunah that everything Hashem does is precise and intentional. We are given everything we need in order to fulfill our mission in this world.</p> <p>Desiring another's possessions demonstrates a belief inconsistent with Emunah.</p>
18	Wrap Up	<p>Review of the Dibrot.</p>

