

13 MIDOT ARE THE MOST POWERFUL SOURCE OF BLESSINGS

To receive the blessing, **it's not enough to just say** the 13 midot (Hashem's 13 attributes), **you need to implement them** in your actions

BELOW ARE PRACTICAL EXAMPLES OF HOW TO MODEL HASHEM'S ATTRIBUTES

ה' ה'

GIVE BEFORE BEING ASKED

Just like a father who would look to help his child before he asks. So too, Hashem is looking to help us even before we ask Him. **How can we apply it?** Look to help people even before they ask.

א-ל רחום

HAVE EMPATHY

Hashem is deeply sensitive to the pain of someone who is embarrassed. As the Gemara teaches, "Even when all the gates of Heaven are closed, the prayers of someone who has been embarrassed can still enter. Hashem hears that pain personally and steps in Himself to defend them." **How can we apply it?** Be sensitive to the pain of someone who gets embarrassed. For example, If you see someone on social media being made fun of. Encourage the person who posted it to delete it or stop sharing it.

בבא מציעא נט א

וחנון

GIVE TO SOMEONE WHO DOESN'T DESERVE

Hashem showers people with blessings, even when they don't deserve it. **How can we apply it?** You ask someone for a favor. They could help but they say no, a month later, they ask you for a favor. You may feel they don't deserve your help, but you should still help them.

ארך אפים

HAVE PATIENCE

Hashem controls His anger and is patient with us. Even if a person sinned many times, Hashem has patience for him. **How can we apply it?** No matter how much your spouse, your kids or your employees test your patience, don't raise your voice; but rather be patient with them. Also, when it's a pressured time, like on a Friday afternoon, be patient and stay calm.

ורב חסד

GIVING OF YOURSELF GENEROUSLY

Hashem does Chesed by giving generously, even to those who do not keep the mitzvot. **How can we apply it?** The best place to give of yourself generously is at home. For example, compromise, be a good listener, and accept your spouse even when you don't agree with them. Look for opportunities to give your spouse and children a specific compliment and do it more often. Be easygoing, let them vent, express themselves freely, and make them feel safe to speak their mind.

ואמת

FAIRNESS

If Hashem is kind even to people who don't keep the Mitzvot, imagine how much more kindness He gives to those who do keep Mitzvot. **How can we apply it?** If you try to be kind to others, remember to be especially kind to your spouse and your employees, because they do so much for you.

נצר חסד לאלפים

APPRECIATION

When you do something good, Hashem will reward your children and grandchildren for generations to come. **How can we apply it?** Appreciate the people who helped your grandparents by being there for them in return.

נשא עון ופשע וחטאה

FORGIVENESS

Even if someone sinned intentionally, or, even worse, encouraged others to go against Hashem, Hashem still forgives him when he does teshuva.

How can we apply it? If your child isn't easy, doesn't listen, or isn't doing well in school, still love and forgive him. Show him that even when he misbehaves or makes mistakes, your love remains unconditional. And when your spouse keeps making mistakes, forgive them and accept their imperfections.

ונקה

DON'T SEEK REVENGE IN YOUR HEART

Hashem doesn't just forgive; He uproots the sin as if a person never sinned.

How can we apply it? If someone hurt you, forgive him completely. Uproot resentment towards him and wish him success and happiness from the bottom of your heart.
