

# Torah Focus

יום המישי, י"ז בניסן, תש"ע

Omer 2010

## STUDY GUIDE #18

VAYIKRA 23:15-22

DEVARIM 16:9-12

SEVEN ATTRIBUTES

TO CULTIVATE FOR SEVEN WEEKS

1. Chesed - Loving-kindness
2. Gevurah -- Justice and discipline
3. Tiferet - Harmony, compassion
4. Netzach - Endurance
5. Hod - Humility
6. Yesod - Bonding
7. Malchut - Sovereignty, leadership

WEEK 1

CHESED: LOVING-KINDNESS

WEEK 2

GEVURAH: JUSTICE, DISCIPLINE, RESTRAINT, AWE

WEEK 3

TIFERET - HARMONY, COMPASSION

WEEK 4

NETZACH - ENDURANCE

WEEK 5

HOD - HUMILITY

WEEK 6

YESOD - BONDING

WEEK 7

MALCHUT - SOVEREIGNTY, LEADERSHIP

WEEK 1

1. CHESED-WITH CHESED

2. GEVURAH-WITH CHESED

3. TIFERET- WITH CHESED

4. NETZACH- WITH CHESED

5. HOD - WITH CHESED

6. YESOD - WITH CHESED

7. MALCHUT - WITH CHESED

WEEK 2

CHESED - WITH GEVURAH

GEVURAH - WITH GEVURAH

TIFERET - WITH GEVURAH