



40 DAYS TO FORGIVENESS

- Day 1.....Awareness - The First Step
- Day 2Stretching Our “Forgiveness Muscles”
- Day 3Forgiving Doesn’t Mean Excusing
- Days 4-5.....Benefits of Forgiveness
- Day 6Daven for Help
- Day 7.....What’s Holding You Back?
- Day 8People Are Complicated
- Day 9We’re All Imperfect
- Day 10What Are You Waiting For?
- Days 11-12.....Give Them a Chance
- Day 13.....Write a Letter
- Day 14Understand Their Perspective
- Day 15It’s Not About Me
- Day 16Emulating Hashem’s Compassion
- Day 17.....Seeing the Good
- Days 18-19.....Accept What You Cannot Change
- Day 20Bring Hashem Into the Picture
- Day 21You Don’t Need to Be Best Friends
- Day 22.....Re-Think Your Interpretation
- Day 23.....The Power of Giving
- Day 24.....Forgiving is a Process
- Day 25-26Releasing Physical Tension
- Day 27Find Evidence to the Contrary
- Day 28.....Clearing Out Emotional Clutter
- Day 29.....United As One Soul
- Days 30-33.....Crowning Hashem As Our King
- Day 34Letting Go Shows You’re Strong
- Day 35.....Apologize to THEM
- Day 36.....Hashem’s Unbelievable Forgiveness
- Day 37Klal Yisrael Needs YOU!
- Day 38You Are Not the Judge
- Days 39-40Say it Out Loud

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40 DAYS TO FORGIVENESS

INTRODUCTION

The 40 days between Rosh Chodesh Elul and Yom Kippur are a powerful time for forgiveness for the Jewish people.

When we forgive our fellow Jews, it brings down tremendous blessings from Above.

Chazal teach us that when we forgive others, Hashem forgives us, too. (Yoma 87b)

But sometimes, forgiving can be very hard - especially if we've been hurt deeply.

Over the next 40 days, let's work on letting go of any negative feelings or resentment we're holding against our fellow Jews.

In the merit of increasing Shalom and Achdus among our Jewish brothers and sisters, may we merit to bring Mashiach soon and bring an end to all our personal and national struggles.

Klal Yisrael needs YOUR forgiveness now, more than ever!

DAY 1

Awareness - The First Step

The journey to forgiveness begins with awareness.

Is there anyone who has hurt you, and you're still feeling angry?

Anyone who caused you damage, and you're still feeling resentful?

Often, people hold onto anger or resentment for years - without even realizing it.

If we don't consciously notice these feelings, they remain suppressed, and it's impossible to resolve them.

Your Challenge for Today:

Write a list of a few people whom you may need to forgive.

Is there anyone who you feel angry at, for something they did in the past?

Anyone you're still feeling resentful towards?

For example:

- My neighbor once scratched my car and never offered to pay for the damages. Every time I see this neighbor, I remember the incident and just can't let it go.
- I tried so hard to get my child into a certain school, but the principal rejected them. I feel like they ruined my child's future, and I can't imagine ever forgiving them.

← Mark here with a check when you're done!



Discussion:

If someone hurt us... why should we ever forgive them?

What does it mean to "forgive"?

My Notes:

DAY 2

Stretching Our “Forgiveness Muscles”

Sometimes the word “forgiveness” can be daunting because we think of the huge, life-changing incidents which are very hard to forgive.

But forgiveness doesn’t have to start there.

We can start stretching our “forgiveness muscles” in a relationship where there’s less resistance.

By practicing forgiveness on these smaller issues, we can learn the tools and build the emotional resilience to tackle the bigger ones.

Your Challenge for Today:

Look back at the list of people you identified yesterday whom you’re having trouble forgiving.

Rank each person on a scale of 1-10.

(1 = easiest to forgive and 10 = hardest to forgive)

For the rest of this program, you may (or may not) choose to focus on the person whom you feel the least resistance to forgiving.

← **Mark here with a check when you’re done!**



Discussion:

We all have people who hurt us.

Sometimes it’s easier to forgive, and sometimes it’s harder.

What makes certain people (or incidents) harder to forgive than others?

Why is it sometimes extra hard to forgive?

My Notes:

Horizontal lines for writing notes.

DAY 3

Forgiving Doesn't Mean Excusing

Many people believe that forgiving someone means saying that what they did was acceptable.

But that's not what forgiveness really means.

They can be wrong - and we can still forgive.

Forgiveness means **choosing to release the resentment from our hearts.***

By letting go of our anger, we can lift a heavy weight off ourselves and feel inner peace - even if the other person's actions were truly wrong.

*Source: Rabbi Dr. Abraham J. Twerski's book entitled "Forgiveness"

Your Challenge for Today:

Think of someone who hurt you in the past.

Imagine putting the person in one box, and your feelings of resentment in a separate box.

Say out loud to yourself (or whisper) something like:

"Even though what they did may have been wrong, I can choose to let go of my feelings of resentment so that I will feel better."

← **Mark here with a check when you're done!**



Discussion:

If someone feels they were hurt very deeply, or damaged in a real way... what might help them let go of their feelings of resentment?

My Notes:

DAYS 4-5

Benefits of Forgiveness

When we forgive another person, it's not just about helping them.

Forgiveness is also a gift to ourselves.

Holding onto negativity for a long time can make us feel bitter, broken, and even guilty.

Imagine if you could finally release all of that negativity, and feel inner calm and peace within yourself.

How can forgiveness benefit YOU?

Your Challenge for Today:

If you're in this program, it means that deep down, you WANT to forgive someone - even if it's hard. Why?

Write down at least 1 reason why you want (or WISH you would want) to forgive someone who has hurt you.

- How will YOU personally benefit from letting go of the resentment?
- How will it help Klal Yisroel?
- How will it help the world?

← Mark here with a check when you're done!



Discussion:

How does forgiveness benefit you, or the Jewish nation as a whole?

My Notes:

DAY 6



Daven for Help

Forgiveness is challenging, but we're not alone.

Hashem understands how hard it is to forgive, and He's ready and eager to help us.

As Hashem says: "Open for Me an opening the size of a needle, and I will enlarge it to be an opening [so large that] wagons can enter." (Midrash Shir Hashirim)

If we take the first baby steps toward forgiveness, Hashem will help us the rest of the way.

Your Challenge for Today:

Daven to Hashem to help you forgive.

(Or if necessary, ask Hashem to help you WANT to forgive.)

← Mark here with a check when you're done!

Discussion:

Can you think of a time when someone hurt you, and you were able to forgive them wholeheartedly?

What were you thinking when you forgave them?

What helped you forgive?

My Notes:

DAY 7



What’s Holding You Back?

Rabbi Dr. Abraham J. Twerski explains that there are 3 stages of anger:

1. First, there’s the initial feeling of “anger” when you’re provoked.
2. Second is “rage” - your behavior when you react to that angry feeling.
3. Finally, there might be “**resentment**” which means holding onto a grudge long-term.

So let’s try to understand: Why do we sometimes hold onto resentment long-term?

Understanding **what we think we’re gaining** by holding onto this resentment is the first step toward letting it go.

Your Challenge for Today:

Take a piece of paper and answer 1 of these questions:

- What am I afraid will happen if I would just let go of my anger?
- What do I imagine I’m gaining by continuing to hold onto this resentment?

← **Mark here with a check when you’re done!**

Discussion:

Why do people sometimes hold onto resentment long-term?

What are they afraid will happen if they just let go of the anger?

My Notes:

DAY 8

People Are Complicated

A helpful step in forgiveness is remembering that people are very complicated.

We can't always see what someone else is dealing with, or why they act the way they do.

Imagine a co-worker who snaps at you often. It feels hurtful, but maybe they're under a lot of stress caring for a sick family member. They're doing their best, but it's hard to always stay calm.

Realizing that **everyone has unseen struggles** can help us let go of our resentment and be more forgiving.

Your Challenge for Today:

Think of someone whose behavior bothers you.

Take a moment to consider what unseen struggles they might be facing.

Imagine a few possible reasons why they might be acting the way they do.

For example:

- My boss always gives harsh feedback and seems overly critical. But maybe he was taught that tough criticism is the only way to push someone to improve. Maybe he is working on being more encouraging, but he isn't there yet.

← **Mark here with a check when you're done!**



Discussion:

Write an example of someone who hurt or upset another person with their behavior.

What kind of unseen struggle might that person be going through that could explain their actions?

How could knowing their backstory help the person they hurt feel more understanding and forgiving?

My Notes:

DAY 9



We're All Imperfect

Nobody is perfect. Otherwise, there would be no purpose in living!

Hashem created us with flaws and bad middos so that we can slowly grow and become better.

Inevitably, we make mistakes along the journey, and sometimes even intentionally do wrong.

We know this about ourselves, but sometimes we expect other people to be perfect.

Let's try to see others as we see ourselves—imperfect, struggling, and trying to get better. (And sometimes we don't even know how!)

Your Challenge for Today:

Think about 1 negative middah that you have now, that you wish you could improve.

Now think about the person you're trying to forgive, and say out loud to yourself:

"This person is a work in progress, just like me. They make mistakes and sometimes even intentionally do wrong, just like me. We are all human and it takes time to become better."

← **Mark here with a check when you're done!**

Discussion:

Was there ever a time when you hurt another person - either by accident or intentionally - and then you regretted it later?

Now imagine you asked them to forgive you. How would you explain to them why they should forgive you?

My Notes:

DAY 10



What Are You Waiting For?

Sometimes we have a hard time forgiving because **we're still waiting for something.**

Waiting for them to apologize.

Waiting for them to change.

Waiting for them to pay back what they owe.

Thinking about **what exactly we're waiting for** can help us become more self-aware of what's holding us back from forgiving, and ultimately help us take steps in the right direction.

Your Challenge for Today:

Write down for yourself: **Is there anything about this situation that I am still waiting to change?**

For example:

- I'm waiting for them to apologize
- I'm waiting to get my money back
- I'm waiting for them to do teshuva / transform into a nicer person

For each item on your list, write a note to yourself about whether you think it's likely to happen, or if there is anything practical you can do to help make it happen sooner.

← **Mark here with a check when you're done!**

Discussion:

What kind of things are people "waiting for" when they're having trouble forgiving?

Is there anything they can do to make those things happen sooner?

My Notes:



DAY 11-12

Give Them a Chance

Often, we withhold forgiveness because we’re waiting for the other person to apologize.

But do they know they hurt you? Did you ever tell them?

We have a mitzvah of “Don’t hate your brother in your heart.” (Vayikra 19:17)

This means that if you’re holding onto resentment, **you must tell the person that you’re upset, to give them the opportunity to apologize.** (*See note below)

Maybe they’ll apologize, or maybe they won’t.

But at least give them the chance. If someone was secretly mad at you, **wouldn’t you want the chance to apologize?**

Your Challenge for Today:

If there’s someone who hurt you and hasn’t yet apologized, ask yourself:

Am I able to reach out to them and tell them that I still feel hurt?

Is there any chance they might apologize, if I would do that?

(*Note: If the person is truly abusive or unstable, or if you feel the conversation would not be productive for **any** reason, you might be better off not speaking to them. Discuss the situation with a Rav or mentor.)

For the purpose of today’s challenge, the point is just to conclude for yourself if the answer is “Yes” or “No”:

- YES - There is a chance they might apologize; or
- NO - It would not be a good idea to talk to them - I am not waiting for them to apologize

← **Mark here with a check when you’re done!**

Discussion:

Why is it sometimes hard to tell people that they hurt us? What are we afraid might happen?

Why haven’t we tried talking to them already?

My Notes:

Multiple horizontal lines for writing notes.

DAY 13

Write a Letter

If you could tell someone that they hurt you... what would you say?

It's hard to speak about our pain because it makes us feel vulnerable.

It can also be incredibly awkward.

But if we want to do the right thing, release our pain, and bring Shalom into the world, **this is sometimes the only way to move forward.**

It's might be scary, but Hashem wants us to try.

Who knows? Maybe they'll apologize or maybe they wont.

But at least you'll know you tried.

Your Challenge for Today:

Imagine you were speaking to the person who hurt you.

What would you say?

Write a letter of what you WOULD say if you could talk to them.

Try not to accuse them of anything directly - rather, speak about how you experienced the incident and why it was painful for you.

For the sake of this challenge, just write a letter of what you WOULD say.

(If you are brave enough - consider actually sending them the letter. You may want someone else to look it over first.)

(Note: Be very careful before telling someone that they hurt you. If they are abusive or unstable, or if you believe the conversation would be unproductive for any reason, it is best to discuss it with a Rav or mentor.)

← **Mark here with a check when you're done!**



Discussion:

What tips can we keep in mind when talking to people who have hurt us?

How can we do it in a way that won't make the other person feel accused?

My Notes:

DAY 14

Understand Their Perspective

How can we start to feel able to forgive?

Sometimes, it helps to try to understand **why** the other person acted the way they did.

Even if you don't find new information, just thinking about their side of the story can help you start to understand them.

We often focus only on our own feelings and forget there's another side.

Trying to see things from their point of view might help you feel less bothered or angry.

Your Challenge for Today:

Think about an incident where someone hurt you.

Now pretend you were in their shoes, and write the story from their perspective.

What might they have been thinking or feeling at that time? What might have motivated their actions?

(Even if you don't know for sure what happened, thinking about how there **MAY** have been more to the story might help lessen your anger.)

← **Mark here with a check when you're done!**



Discussion:

Write a brief story about someone who hurt another person.

Then write the same story from the other perspective.

My Notes:

DAY 15

It's Not About Me

Sometimes, people may snap at you, or look annoyed - **but they aren't necessarily reacting to YOU.**

Instead, they might be stressed about something else, coming off another difficult conversation, not even aware of their expression or tone of voice, or feeling sick.

We tend to think that if people are in a bad mood, I somehow caused it.

Saying **"It's not always about me"** helps us de-personalize, and realize their behavior doesn't necessarily have anything to do with us.

Your Challenge for Today:

Look over your list of people who you still feel negative toward.

Try to pick at least 1 person from your list and say: **"There's a chance it wasn't about me."**

← **Mark here with a check when you're done!**



Discussion:

Can you remember a time when you hurt another person or acted insensitively just because you were in a bad mood?

If you could apologize to them, what would you say to explain your behavior?

My Notes:

DAY 16

Emulating Hashem’s Compassion

As the saying goes: “Hurt people hurt people.”

This means that if someone hurt us, they might be struggling with their own issues.

Instead of turning our hurt into anger, we can try to flip our perspective and see this person with compassion.

When we have compassion for other people, it draws down Hashem’s mercy on us.

If we judge others with compassion, Hashem will have compassion on us, too.

Your Challenge for Today:

Ask Hashem to help you feel compassion toward someone who hurt you or bothered you.

Imagine what they might possibly be struggling with and try to feel at least a bit of compassion for them.

← **Mark here with a check when you’re done!**



Discussion:

If we have compassion for someone who hurt us, does that invalidate our own hurt or pain?

Is it possible to feel both compassion and hurt at the same time?

My Notes:

DAY 17



Seeing the Good

Each of us was created B'Tzelem Elokim, in Hashem's image. A person is inherently good and G-dly.

However, it's easy to overlook this goodness and focus on the negative traits that haven't been fully refined yet.

Pirkei Avos encourages us to cultivate an "Ayin Tovah" (a good eye) which means **actively looking for positive qualities in those around us.**

When we can acknowledge the divine spark in everyone, it helps us bring the person's G-dliness into focus.

Your Challenge for Today:

Think about someone who tends to evoke negative feelings in you.

Spend a moment thinking about how this person is a Tzelem Elokim.

Write down 3 positive things about this person.

(If you can, try to find middos that are part of Hashem's middos, such as being consistent, compassionate, kind, generous...)

← **Mark here with a check when you're done!**

Discussion:

What are some of the positive traits you see in the people around you?

My Notes:

DAYS 18-19

Accept What You Cannot Change

There's a famous "Serenity Prayer" which says:

"G-d, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

If there's something you can change—do it.

But if someone else's behavior is out of your control, it helps to accept the reality that **I cannot control what other people do.**

Of course, we can always daven for people to improve, and we believe that people can change through teshuva, if they try.

But accepting that the ultimate outcome is up to their own free will - and Hashem - can help us let go and move on.

Your Challenge for Today:

Is there anyone in your life who is causing you frustration because they aren't changing the way you want?

Take a deep breath and then say out loud: **"I realize that this person's behavior is not in my control. I accept that this is how they are, right now."**

Say it 10x out loud.

← Mark here with a check when you're done!



Discussion:

How does it help us to let go of the things we cannot change?

Did you ever try this before? How did it feel?

My Notes:

DAY 20

Bring Hashem Into the Picture

Anger stems from the belief that **“This shouldn’t have happened.”** When someone hurts us, we feel it’s unfair and undeserved.

But with Emunah, we can see it differently. Hashem has a Master Plan, and sometimes He sends us pain, to help us grow.

The person who hurt us was just a messenger;

If they wouldn’t have hurt us, Hashem would have sent us the pain another way. Instead of thinking, “This pain shouldn’t have happened,” we can recognize it was meant to happen - Hashem did it for a reason.

Your Challenge for Today:

Think about a time when someone hurt you or bothered you.

Turn to Hashem and say:

“Hashem, I don’t know why I had to experience this pain, but I realize it’s part of Your Master Plan and the pain is coming from You.

“This person was just your messenger. If they wouldn’t have hurt me, the pain would have happened some other way.”

(Optional: Try to imagine 1 other way that Hashem might have sent you that pain.)

For example:

- I’m angry at my boss for embarrassing me. But I realize this came from Hashem - for some reason Hashem wanted me to experience this embarrassment. If my boss wouldn’t have embarrassed me, maybe one of my coworkers would have instead.”

← **Mark here with a check when you’re done!**



Discussion:

It’s very hard to accept that Hashem sometimes sends us pain. But can you manage to get a glimpse of how pain can help us grow?

Can you think of a time when you grew from a painful experience?

My Notes:

Lined area for taking notes, consisting of 15 horizontal lines.

DAY 21

You Don't Need to Be Best Friends

Sometimes, we resist forgiving because we don't want to have a close relationship with this person.

But that's okay.

Halacha teaches that while we must show respect to every person, we don't need to be very close with everyone.

It's fine to keep a respectful distance if it's healthier for you. You can still treat them (and think about them) with kindness and respect.

You can let go of your resentment, and if necessary, maintain boundaries for your own well-being.

Your Challenge for Today:

Write a paragraph for yourself describing how your ideal relationship with this person would look like, after you're able to forgive them.

Consider:

- How often do you see them?
- How do you react when you see them?
- How will you speak when you talk to them?

← **Mark here with a check when you're done!**



Discussion:

Can you give an example of someone who forgives another person while still maintaining a respectful distance?

What would that look like?

My Notes:

DAY 22



Re-Think Your Interpretation

How can I ever change my feelings?

Feelings don't just happen on their own. Feelings result from how we interpret events (e.g. "This is not acceptable!")

Whenever we want to change a feeling, we can think:

"How does Hashem want me to perceive this situation?"

If we practice interpreting things the way Hashem wants us to perceive them, it will slowly shift our mindset and we'll eventually be able to develop the feelings that the Torah wants us to have - such as Emunah and Ahavas Yisrael.

Your Challenge for Today:

Think of a recent situation where you felt angry or upset. Notice how you initially interpreted it.

Now, try to reframe it according to what Hashem wants you to feel—perhaps with more compassion or Emunah.

Write a paragraph for yourself of how you think Hashem would want you to view this event.

For example:

- I was waiting in line at the grocery store and someone cut ahead of me! First I was furious, thinking: "They're so inconsiderate!" Then I thought: "How does Hashem want me to see this?"

Maybe Hashem wants me to see this person as a messenger who was sent here to help me practice my patience. Or maybe Hashem wants me to practice having compassion for this person - They must be under a lot of pressure about something if they cut everyone else in line.

← **Mark here with a check when you're done!**

Discussion:

Can you share an example of an uncomfortable situation - both with the typical interpretation as well as how Hashem might want us to perceive it?

My Notes:

DAY 23



The Power of Giving

It’s famously known that the Hebrew word for love, (Ahavah) comes from the root “Hav” (giving).

We tend to think that first we love someone, and then we give to them. But Chazal teach us it’s the opposite:

Giving leads to love.

If you want to develop more love for someone - or even just to lessen feelings of anger - try giving to them.

Even small acts of kindness can slowly chip away at our negative feelings, and help them fade away.

Your Challenge for Today:

Think of someone you’re having difficulty with.

Do a small act of kindness for them today.

(If that’s too hard, or if you feel that interacting with the person is not a good idea - at least daven for them.)

For example:

- Send them a thoughtful note or card
- Offer to help them with something
- Send them flowers
- Daven for their wellbeing
- Say a perek of Tehillim for them

← Mark here with a check when you’re done!

Discussion:

How does it feel when you give something small or daven for someone who you’re trying to forgive?

My Notes:

DAY 24

Forgiving is a Process

Wouldn't it be great if we could snap our fingers and suddenly let go of our resentment?

The reality is: Forgiveness is a slow process that requires time and introspection.

Our job is to keep taking baby steps to slowly chip away at the resentment, one bit at a time. Ultimately, we're trying to reach a place of greater peace and understanding than we had before.

Forgiveness doesn't happen overnight. It's a journey.

And every step is a victory.

Your Challenge for Today:

Reflect on what you've done to try to forgive someone. Joining this 40-day challenge was an amazing first step!

Next, say out loud: **"I really want to forgive this person. I realize it might take time to forgive them wholeheartedly, and this is normal. Please Hashem, help me forgive them wholeheartedly!"**

← Mark here with a check when you're done!



Discussion:

Pause and Reflect!

How has your understanding of forgiveness changed since you joined this program?

How have you come to understand the person better, or understand the incident from a different angle?

My Notes:

DAYS 25-26

Releasing Physical Tension

Holding onto resentment for a long time can sometimes make us feel **physically tense**.

When we think about people or situations that have upset us, we can notice how our body feels, and see if we can release some of that tension.

By breathing deeply and relaxing our muscles, it can calm our minds and give us the emotional space to understand and forgive.

Your Challenge for Today:

Think of someone whom you’re trying to forgive. How does your body feel when you think of them?

Take a moment to notice where you’re holding the tension in your body.

Take a deep breath in, and say “I can forgive.”

Next, as you exhale, relax your muscles and imagine the resentment leaving your body.

← **Mark here with a check when you’re done!**



Discussion:

What are some ways you help yourself calm down when you’re feeling angry or stressed?

My Notes:

DAY 27

Find Evidence to the Contrary

Sometimes, our anger makes us zero in on 1 small detail, instead of seeing the whole picture.

You might think: "She's so insensitive!" or "He's so stingy!" ... but is that a fair assessment?

Take a step back and think if they ALWAYS act that way.

Can you remember a time when they acted kindly?

We're all human and make mistakes. Try to see the person as a mix of qualities, rather than entirely negative.

Your Challenge for Today:

Identify one character trait you're blaming the person for ("She's so insensitive, He's so stingy...")...

Next, try to think of evidence to the contrary.

(Was there a time when they were sensitive/generous?)

← **Mark here with a check when you're done!**



Discussion:

Have you ever focused on a negative trait in someone and later realized it was just one part of who they are? What helped you shift your perspective?

My Notes:

DAY 28



Clearing Out Emotional Clutter

We hold onto things we believe we'll need one day, like a pile of old clothes - just in case they might fit again.

It's the same with anger—we hold onto resentment, thinking we'll need to use it one day. But what for?

Rabbi Dr. Abraham J. Twerski suggests a powerful way to let go:

Commit 100% to the mitzvah of "Do not take revenge." Promise yourself you'll never badmouth the other person, give them the silent treatment, or do anything to "punish" them.

When you firmly resolve never to take revenge, your resentment becomes useless - and you can let it go.

Your Challenge for Today:

Ask yourself: Are you currently doing anything to "take revenge" or "punish" the person who has hurt you?

- Maybe you're giving them the silent treatment.
- Maybe you're glaring at them every time you see them.
- Maybe you're speaking badly about them to other people.

Now answer this question out loud to yourself: **"Do I plan to continue 'punishing' them like this in the future?"**

← Mark here with a check when you're done!

Discussion:

How does making a firm decision never to "punish" someone for what they did, help you move forward?

Why do you think this strategy helps us let go of resentment?

My Notes:

DAY 29

United As One Soul

The Tomer Devorah teaches that all Jews are deeply connected with each other (Kol Yisrael Areivim Zeh Lazeh). We are like one big soul, or one big family.

This means that by directing anger at another Jew, I'm essentially directing anger at a part of myself.

Just as you wouldn't want to hurt a part of your own body, remember that Chazal teach that withholding forgiveness can bring harsh judgment upon our fellow Jews.

Let's remember that we're all connected, and try to let go of any negative feelings that are ripping us apart.

Your Challenge for Today:

Imagine for a minute how your neshama (soul) is connected to this person who you're having trouble forgiving.

Now say out loud: **"I hope that my feelings toward this person are not causing them any damage. Please, Hashem, don't harm them because of me. They are a Jew and we are all connected - they are part of me."**

← Mark here with a check when you're done!



Discussion:

Let's say someone is having a hard time visualizing how all Jews are connected as one soul.

What can they picture in their head to better understand this idea?

My Notes:

DAYS 30-33



Crowning Hashem As Our King

Forgiveness isn't just about resolving conflicts between two people; it's much more powerful than that.

Chazal teach that Hashem's name is "Shalom," and He is called "Melech HaShalom" (the King of Peace).

Hashem is only truly our King when we live with Shalom.

Every time we take a step toward greater understanding and being sensitive to our fellow Jews, we bring more Shalom into the world and help bring the Geulah closer.

By choosing peace, we are crowning Hashem as our King, and strengthening His Shechinah (Presence) among us.

Your Challenge for Today:

Daven for all Jews to forgive each other, and for Hashem to bring the Geulah very soon in the merit of this increased Shalom.

← Mark here with a check when you're done!

Discussion:

Why do you think Hashem only wants to be King over us if we are living peacefully with each other?

My Notes:

DAY 34

Letting Go Shows You're Strong

Often, people are resistant to forgiveness because they see "giving in" as a weakness. Some might even feel like it's an act of surrender.

But the truth is - If we keep holding onto resentment, we are letting the resentment keep us captive!

Forgiving someone is a powerful act that requires inner strength and courage.

True strength lies in the ability to rise above our emotions and offer forgiveness.

By letting go and choosing peace - we move from victim to victor.

Your Challenge for Today:

Take a deep breath and say out loud to yourself: **"Letting go of this resentment doesn't mean I'm weak. It means I'm strong."**

← Mark here with a check when you're done!



Discussion:

In your own words... how does forgiveness make you stronger?

My Notes:

DAY 35



Apologize to THEM

When we're in a strained relationship, it's easy to focus on what the other person did wrong.

But is it possible that you had a tiny part in the conflict as well? Is there a chance they're waiting for you to apologize?

Even if you feel like what the other person did was worse, it's very brave and admirable if you can be the one to take the first step toward peace.

Be like Aharon HaKohein, who loved peace and always worked tirelessly to bring people back together.

Your Challenge for Today:

Think about someone you're upset with. Is there anything THEY might be upset about? Is it possible they are waiting for **you** to apologize for any piece of the situation?

Today, take the first step toward making Shalom by apologizing to them, even for something small.

If you find it too hard to apologize, at least write what you **WOULD** say if you would apologize.

(If there's definitely nothing for you to apologize for, or you feel it would be unhealthy to communicate with this person, you can skip this challenge.)

(Alternatively, you can apologize to someone else you might have hurt - even if it isn't someone you're trying to forgive.)

← **Mark here with a check when you're done!**

Discussion:

Can you think of a situation where someone apologized to you first, even though you both had a part in the conflict?

How did that make you feel, and how did it help fix the situation?

My Notes:

DAY 36

Hashem's Unbelievable Forgiveness

Imagine giving someone a precious gift, and they throw it back in your face. Forgiving them would be really hard, right?

Yet, that's what we do all the time to Hashem.

He gives us life, brains, incredible bodies, and the power of speech... yet we sometimes use those gifts to sin against Him.

Still, when we do teshuva, Hashem forgives us completely.

If Hashem can show such incredible compassion and patience, forgiving us no matter how many times we fail, we can be inspired to do the same.

Let's try to let go of grudges, forgive, and emulate Hashem's incredible mercy and understanding.

Your Challenge for Today:

Think about 3 things you've done wrong in the past, and you're trying to change.

Then say: **"Thank you Hashem, for forgiving me and having patience for me as I'm trying to grow."**

(Alternatively, you can apologize to someone else you might have hurt - even if it isn't someone you're trying to forgive.)

← **Mark here with a check when you're done!**



Discussion:

What do you find most incredible about Hashem's forgiveness?

My Notes:

DAY 37



Klal Yisrael Needs YOU!

Forgiveness isn't just about you—it's so important for the protection of the entire Jewish nation.

Chazal teach that if we refuse to forgive another Jew, it can bring harsh judgment upon them from Shamayim.

With all the suffering Klal Yisrael is facing—terror, pain, and illness—can you give the gift of forgiveness to help ease the burden on our brothers and sisters?

Imagine the harsh decrees that could be torn up if we could all let go and forgive!

Klal Yisrael needs YOU!

Your Challenge for Today:

Forgiveness is so essential that Chazal require us to say a special tefillah (beginning "Ribbono Shel Olam...") before saying Shema at night.

In this tefillah, we declare that we are forgiving anyone who may have wronged us.

Today, read the English translation of this "Ribbono Shel Olam" tefillah.

If you don't already say this every night before bed, put a reminder by your bed to say it.

Download a printable poster at www.middoschallenges.com/forgive

← **Mark here with a check when you're done!**

Discussion:

How can your forgiveness benefit Klal Yisrael?

My Notes:

DAY 38



You Are Not the Judge

We often withhold forgiveness because we feel the person was wrong, and must be held accountable for what they did.

(Of course, if someone is truly dangerous, we may need to inform a Rav or authorities to protect other people.)

But in “regular” situations where someone acted insensitively or made a “bad” decision, it helps to remember that **Hashem is the Ultimate Judge, and that role is reserved for Him alone.**

It’s not our job to prosecute others and hold them accountable.

Letting go of the burden to constantly judge others frees us to focus on what we ARE responsible for - doing mitzvos, improving our middos and becoming closer to Hashem.

Your Challenge for Today:

Think of a time when you judged another Jew - you believed they were wrong and should be held accountable for their actions.

Say out loud: **“It’s not my job to judge this person. Only Hashem knows each person’s inner thoughts and struggles. Only Hashem can truly judge each person and hold them accountable for what they do.”**

(Of course, if someone is truly dangerous or harming other people, we may need to inform a Rav or authorities to protect others from harm. Today’s challenge refers to “regular” situations of insensitivity between individuals.)

← Mark here with a check when you’re done!

Discussion:

When we notice ourselves judging other people negatively, what are some helpful thoughts we can think to get our minds back on the right track?

My Notes:

DAYS 39-40



Say it Out Loud

Feeling forgiveness in your heart is a huge step, but there’s another crucial part—expressing it out loud.

Chazal say that even though Yosef made peace with his 10 brothers for selling him, he never actually said, “I forgive you.”

Because he never said it out loud, the souls of the 10 Shevatim had to return later as the “Asara Harugei Malchus” (the Ten Martyrs who suffered terribly during Roman times).

These 10 men were a Gilgul of the 10 Shevatim. **They had to be killed as a kapparah (atonement) because Yosef never VERBALLY forgave them many years ago.**

Your words have power—don’t just feel it, say it.

Your Challenge for Today:

Think about the person you’re trying to forgive.

Say out loud: “I wholeheartedly forgive ___(person’s name)___ for doing _____.”

If you don’t feel like you can wholeheartedly forgive them yet, at least say: “I want to forgive this person, and I am trying to forgive. Please, Hashem, help me forgive them wholeheartedly.”

← **Mark here with a check when you’re done!**

Discussion:

How do you feel when you say “I forgive you” out loud?

My Notes:

A decorative, light gray floral border with intricate scrollwork and heart motifs surrounds the central text.

THANK YOU!

May we be zoche to see the Geulah Sheleimah
b'Rachamim very soon, in the merit of your
efforts to forgive!

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