SAMPLE

Student Reflection Journal (SRJ)

Mitzvah #4 and 5- לאהבו וליראה ממנו

Name: _____

MITZVAH # _____: _____

KEYWORDS:

QUESTIONS:

NOTES:

REFLECTIONS:

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NOTES:

REFLECTIONS:

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QUESTIONS:

NOTES:

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KEYWORDS:

QUESTIONS:

NOTES:

REFLECTIONS:

MITZVAH #4 and 5: לאהבו וליראה ממנו MILESTONE 5

Topic: _____

I'd like clarification...

I observe...

I find interesting or insightful...

I challenge or disagree...

MITZVAH #4 and 5: לאהבו וליראה ממנו MILESTONE 5

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MITZVAH #4 and 5: לאהבו וליראה ממנו MILESTONE 5

ACTION

It says in ישעיהו פרק כט פסוק יג:
וַתְּהִי יִרְאָתִם אֹתִי מִצְוַת אֲנָשִׁים מְלֻמָּדָה
Their fear of Me is [like] a commandment of men learned by rote.

Rabbeinu Yonah in his sefer Shaarei Teshuva says that this is referring to people who don't make it part of their regular routine to think about and ponder fearing Hashem. The way to integrate these thoughts is to have a system whereby we make them part of our daily routine so they become genuine, not rote.

Below, we outline the continuum of fearing Hashem from the lowest to the highest level. By making it a point to review them daily and work on really understanding the types of punishments and rewards Hashem has for us, we can imbue ourselves with יראת העונש (fear of consequences) and work our way up to יראת הרוממות (awe of Hashem's greatness), which will eventually lead us to אהבת ה' - the highest level we seek to attain.

For one week, set aside a specific time of day where you will spend 3-5 minutes reading that day's lesson and reflecting on it in writing.

DAY 1	**PHYSICAL PAIN**
DAY 2	**THE PAIN OF GEHINNOM**
DAY 3	**THE REWARD OF A MITZVAH IN OLAM HABA**
DAY 4	**THE REWARD OF DOING ONE MITZVAH LISHMAH**
DAY 5	**BECOMING CLOSE TO HASHEM IN THIS WORLD**
DAY 6	**יראת הרוממות FEAR OF HASHEM'S AWESOMENESS: Part 1: QUIET AWE**
DAY 7	**יראת הרוממות FEAR OF HASHEM'S AWESOMENESS: Part 2: THUNDEROUS AWE**

Day 1

Physical Pain

Physical pain is the first level of consequences Hashem can use to get our attention to encourage us to improve our ways. Intense physical pain can impede our ability to enjoy any other pleasure we may have. Someone who is experiencing this level of pain would be willing to do anything, including giving up all the pleasures in the world, just to have the pain stop. Our first step on our journey towards sincere יראת ה' would be to motivate ourselves to do Hashem's will by fearing this potential pain and wanting to do what is necessary to avoid it, even if it means giving up a temporary pleasure. This, of course, is a stepping stone, meant as a strategy to help us overcome the temptations of our יצר הרע and do what we know, deep down, is really in our best interest.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 2

The Pain of Gehinnom

The next step on our journey to achieving true יראת ה' is to recognize that any physical pain in this world cannot compare to the excruciating pain that the neshama experiences in Gehinnom after a person's death. It is hard for us to fathom this pain because it is not a "physical" pain, but a rather a burning shame and humiliation that our neshama will experience when it realizes it wasted so much of our potential running after the mirages of this world when it could have been amassing eternal reward. This pain is far more miserable than anything our external גוף could ever experience in this temporary world. In fact, from that vantage point, we will realize that it would have been worth it to give up every pleasure of this world that all of humanity has and will ever experience *and* endure all the suffering that all of humanity has and will ever experience, in order to avoid the pain and suffering we will experience in Gehinnom for committing even one sin.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 3

The Reward of a Mitzvah in Olam Haba

Moving along in our progression, we should now ponder how it would be worth it to suffer all the punishments of Gehinnom in order to receive the reward of even one simple mitzvah! As awful as the pain of Gehinnom is, it is still finite – it comes to an end and does not last forever. On the other hand, the reward for a mitzvah is ***infinite***! It is very hard for us as humans to conceptualize "infinity," but an eternal connection to the infinite Creator of the universe is extremely pleasurable for our neshama and makes the suffering in Gehinnom worthwhile in order to be able to go to Olam Haba.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 4

The Reward of Doing One Mitzvah Lishmah

The next rung on the ladder is to recognize that it would be worth it to give up all the reward that all of humanity has received since the beginning of time, and will receive until the end of time, just to receive the reward of doing ***one*** mitzvah purely לשם שמים - for the sake of Heaven! The reason for this is because doing even one mitzvah לשמה adds a dimension to our relationship with Hashem that all mitzvos done שלא לשמה are missing. The special facet that is added is attaining a closeness with Hashem, which is rewarding in and of itself. This can be compared to a person who is blind. Although he can still live a fulfilling, productive and even pleasurable life, there is clearly something missing. Someone who does a mitzvah שלא לשמה is like a person who is blind who is missing a level of understanding that a seeing person can achieve. Imagine if that person who is blind was given the opportunity to see, even for a short time! The depth of understanding and the pleasure it would bring him would be immeasurable. So too with one who achieves the depth of understanding and the pleasure of achieving a special closeness with Hashem by doing even one mitzvah for His sake only.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 5

Becoming Close to Hashem in this World

The highest level of יראת העונש is appreciating our ability in this world to constantly create and deepen our relationship with Hashem. This is so because in the next world, we can only reap the benefit of the connection that we forged in this world; we can no longer add to it, deepen it, or make it greater.

Therefore, doing Hashem's will and continually coming closer to Him in this world is worth even more than all the reward of עולם הבא, as indicated by the Mishna in Pirkei Avos which says: הוּא הָיָה אוֹמֵר, יָפָה שָׁעָה אַחַת בִּתְשׁוּבָה וּמַעֲשִׂים טוֹבִים בָּעוֹלָם הַזֶּה, מִכָּל חַיֵּי הָעוֹלָם הַבָּא. וְיָפָה שָׁעָה אַחַת שֶׁל קוֹרַת רוּחַ בָּעוֹלָם הַבָּא, מִכָּל חַיֵּי הָעוֹלָם הַזֶּה: *He used to say: more precious is one hour in repentance and good deeds in this world, than all the life of the world to come; And more precious is one hour of the tranquility of the world to come, than all the life of this world*.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 6

יראת הרוממות
Fear of Hashem's Awesomeness
Part 1: Quiet Awe

"Awe" is defined by the Merriam-Webster dictionary as "an emotion variously combining dread, veneration (great respect), and wonder that is inspired by authority or by the sacred or sublime (grandeur)." We experience this emotion whenever we contrast the greatness of something with our smallness. There are two kinds of awe, as we've mentioned before: quiet awe and thunderous awe. Today, we will focus on quiet awe. This is the kind of wonder and reverence that comes from contemplating the genius of something in Hashem's creation, like DNA for example. When we ponder the amazing, wondrous features of the human body, and contemplate the One Who put it all together so perfectly and carefully, we can begin to appreciate Hashem's awesomeness. We learn this lesson from a פסוק in איוב, the Derech Chaim says (פרק יט פסוק כג): וזה שאמר איוב "**ומבשרי אחזה אלוק**", כי כאשר יתבונן האדם בציור גופו, יכול האדם לעמוד לדעת את השם יתברך". When Iyov says "*and from my flesh I can see G-d*," it means that when a person contemplates the form of his body, he can come to know Hashem.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

Day 7

יראת הרוממות

Fear of Hashem's Awesomeness

Part 2: Thunderous Awe

We discussed yesterday how *awe* is experienced whenever we contrast the greatness of something with our smallness. That kind of awe has the dual nature of causing us to want to get closer while at the same time appreciating that we need to maintain a safe distance. Thunderous awe, on the other hand, is the kind of overwhelm we feel when we see an erupting volcano, the Grand Canyon, the ocean, the thousands of stars in a clear night sky, or even an incredible view from the top of a mountain, etc. The נביא ישעיהו encourages us to develop this kind of awe when he advises us in (פרק מ, פסוק כו) וראו מרום עיניכם וראו מי ברא אלה ושאו, *Lift up your eyes to the heavens and see Who created these*. By contemplating the magnitude of these places or events, and allowing ourselves to feel our comparative insignificance, we will begin to experience awe of The Creator. This is exactly the type of experience דוד המלך was describing in (תהלים ח: ד-ה) when he said: כִּי־אֶרְאֶה שָׁמֶיךָ מַעֲשֵׂה אֶצְבְּעֹתֶיךָ יָרֵחַ וְכוֹכָבִים אֲשֶׁר כּוֹנָנְתָּה: מָה־אֱנוֹשׁ כִּי תִזְכְּרֶנּוּ וּבֶן־אָדָם כִּי תִפְקְדֶנּוּ: *For when I see Your heavens, the work of Your 'fingers,' the moon and the stars that You have established, what is man that You should remember him, the son of man that You are mindful of him?* When we recognize Hashem's power, it will lead us to recognize and be grateful for all He does for us, drawing us closer to Him. This can enable us to establish a true יראת הרוממות which would foster our ability to understand the profound importance of doing His will and not becoming distracted by things that are insignificant in comparison, which would distance us from Him. It would bring us to wanting to attach ourselves to this infinite, eternal Power. This will in turn lead us to our overall goal and purpose in life of אהבת ה' - loving Hashem.

How can you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today or tomorrow? Or how did you utilize this strategy to effect a positive change in your thoughts, attitude, or actions today? Be as specific as possible. If you have any questions you would like to discuss with your teacher about this, please write them down as well.

MITZVAH #4-5: לאהבו וליראה ממנו SUMMARY

SUMMARIZE

Summarize the unit by making a list of the most important points.

Mitzvah 4-5- לאומנים ולמורים מורא
Project Due Dates
Lesson 4-hand in Project Request Form
Date: _____
Lesson 9-hand in Daily Log
Date: _____
Lesson 10-hand in Daily Log
Date: _____
Lesson 11-hand in Daily Log
Date: _____
Lesson 12-hand in Reflection Sheet and completed SRJ
Date: _____

Project Presentation Planning Sketch

Names: **Date:**

Describe the groups' plan for the project:

Lesson 9: Sketch the final project using as many details as possible (use another paper, if necessary)

Lesson 10: List the 5 'אהבת ה methods that will be used in the game:

Overall, I would rate today's progress as:

☐ Limited ☐ Acceptable ☐ Outstanding

Norms for ALL Feedback and Critique Protocols:

Always treat others with dignity and respect! Never use words that are hurtful, including sarcasm. Treat others the way you would want to be treated. Make corrections gently and considerately.

BE KIND

Focus on specific strengths and weaknesses. Avoid general, vague comments like "it's good" or "I don't like it," Provide insight as to what makes it good, or what specifically needs to be improved.

BE SPECIFIC

The goal is to contribute effectively to the presenter(s), not simply to have your voice be heard. Merely echoing the thoughts of others or pointing out details that are irrelevant, or not targeted to the expectations, just wastes time and minimizes the effectiveness of the overall feedback.

BE HELPFUL

Peer critique is a valuable process to support each other and learn from each other. Your feedback is vital to this process and appreciated!

PARTICIPATE

CRITIQUE AND REVISION

FEEDBACK AND CRITIQUE FOR _____

REMEMBER TO BE KIND, HELPFUL and SPECIFIC!

REFER TO THE RUBRIC FOR GUIDANCE.

Name: _____ Group Members: _____

PROJECT ASSESSMENT RUBRIC

	Highest Expectation	Points Scale Best Effort ⟷ Needs Improvement Circle the most appropriate choice.	Lowest Expectation
Effort How much time and effort did student put in?	Student spent a good amount of time reading, researching and learning about her topic and preparing for her presentation. She cared a lot about producing quality work.	5 4 3 2 1	Student mostly just flipped through books and glanced at research materials. She didn't spend much time on her project. She did the bare minimum to just get it done.
Critical Thinking, Knowledge and Understanding Did student demonstrate learning?	Student gathered an appropriate amount of relevant, accurate information. She was able to explain important new understanding gained. She demonstrated an understanding of the purpose of the project.	5 4 3 2 1	Student gathered too much or too little information, irrelevant information, or there are some inaccuracies. She was unable to explain important new understanding gained. She did not demonstrate an understanding of the project.
Originality of Ideas Did student create unique ideas?	Student thought outside the box and used her imagination and creativity. She thought of ideas that others have not used.	5 4 3 2 1	Student only thought of ideas that others thought of first. She didn't innovate new ways of doing things. She just stuck with the tried and true.
Collaboration Did student work well with her group?	Student worked well with her group. She listened to others' suggestions respectfully and considered them fairly. She contributed ideas and suggestions. They shared the work equally.	5 4 3 2 1	Student didn't work so well with her group either because she wanted it all done her way, or because she didn't care enough to voice her opinion. She did not share the work equally.
Overall Quality of Presentation Did student produce a high-quality project for presentation?	Student's presentation was appropriate, organized and interesting for others and showed how much she learned.	5 4 3 2 1	Student didn't put enough time into her presentation. It could have been more appropriate, organized or engaging.
Presentation Skills Did student present well?	Student's presentation was poised and clear. She maintained eye contact with her audience most of the time. Her words and tone were clear and appropriate for her topic. She used her time well.	5 4 3 2 1	Student's presentation lacked poise and clarity. She rarely made eye contact with her audience. Her words and tone were unclear or inappropriate for her topic. She did not manage her time well.

Total Score: _____ **Letter Grade: _____**

בס"ד

REFLECTION SHEET

Optional: Student Name: _____

THINK ABOUT WHAT YOU DID IN THIS UNIT. EVALUATE HOW WELL YOU FEEL IT WENT. RECORD YOUR COMMENTS IN THE COLUMN ON THE RIGHT.	
Mitzvah	
Driving Question	
What is the most important thing you learned in this unit?	
What do you wish you had spent more time on or done differently?	
What was the most enjoyable part of this unit/project for you?	
What was the least enjoyable or most challenging part of this unit/project for you?	
What do you wish would be done differently in the next project based upon what you learned from implementing this project?	

Daily Project Log

Names: **Date:**

Goals:

Challenges Encountered:

Achievements:

Something we learned today:

What we plan to do next/ Some questions we still have/Some things we need to improve:

List each group member and what she did today for the project

Notes:

Carefully detach this sheet and hand in at the end of Lesson 11's session.

בס"ד

Daily Project Log

Names: **Date:**

Goals:

Challenges Encountered:

Achievements:

Something we learned today:

What we plan to do next/ Some questions we still have/Some things we need to improve:

List each group member and what she did today for the project

Notes:

Carefully detach this sheet and hand in at the end of Lesson 10's session.

בס"ד

Daily Project Log

Names: **Date:**

Goals:

Challenges Encountered:

Achievements:

Something we learned today:

What we plan to do next/ Some questions we still have/Some things we need to improve:

List each group member and what she did today for the project

Notes:

Carefully detach this sheet and hand in at the end of Lesson 9's session.

בס"ד

Project Request Form

Group Members' Names:

Mitzvah:

DQ:

General Project Idea:

At least 3 details based on game graph (Use back of sheet if more space is needed):

List each group member and her anticipated role in this project.

This section is for the teacher's use only. ☐ APPROVED ☐ NOT APPROVED

Not approved because:

בס"ד