

חֶסֶד  
**CHESED**

Judaism teaches us that the world stands on three things: Torah, service to God, and acts of loving kindness. Kindness (in Hebrew – *chesed*) is foundational to living Jewishly, and every time we are kind, we not only help the world be a better place, we also create joy for ourselves.



HOW CAN  
YOU SHOW  
**KINDNESS**

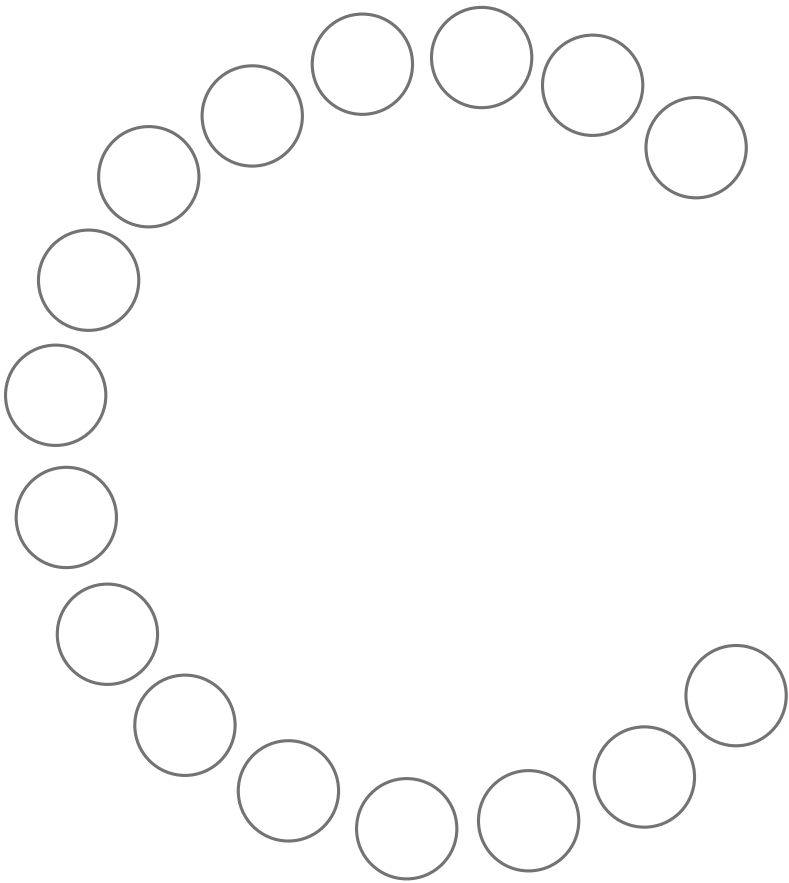
חֶסֶד

C H E S E D





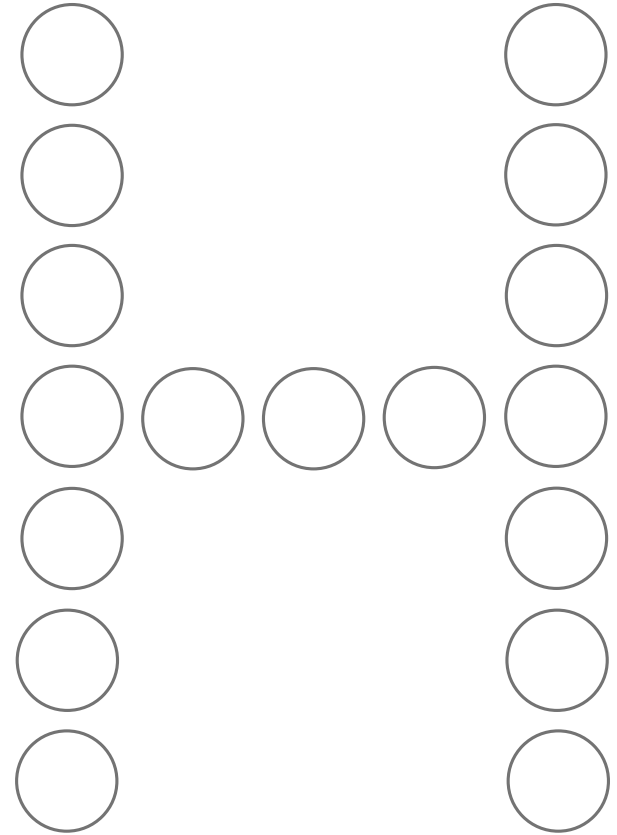
**Be...**



**C**ARING



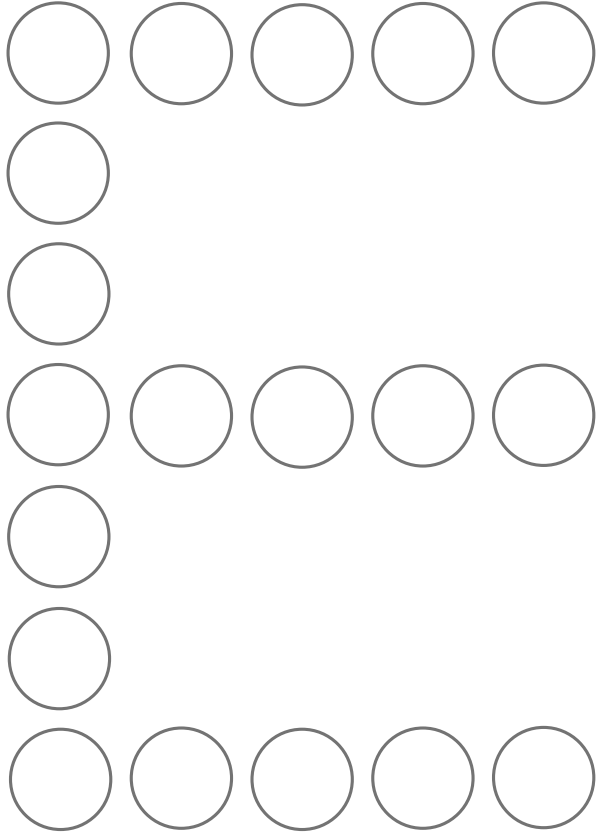
**Be...**



**H**ELPFUL



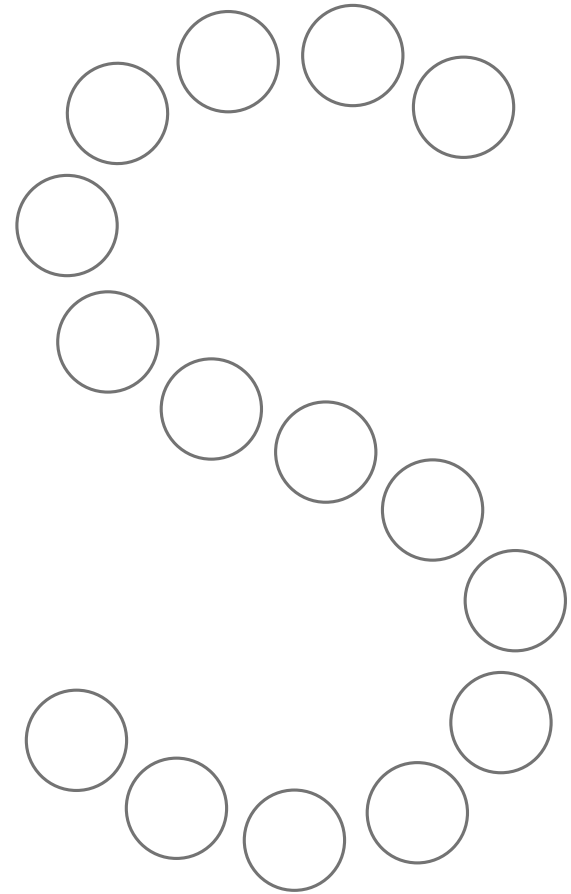
**Be...**



**EMPATHETIC**



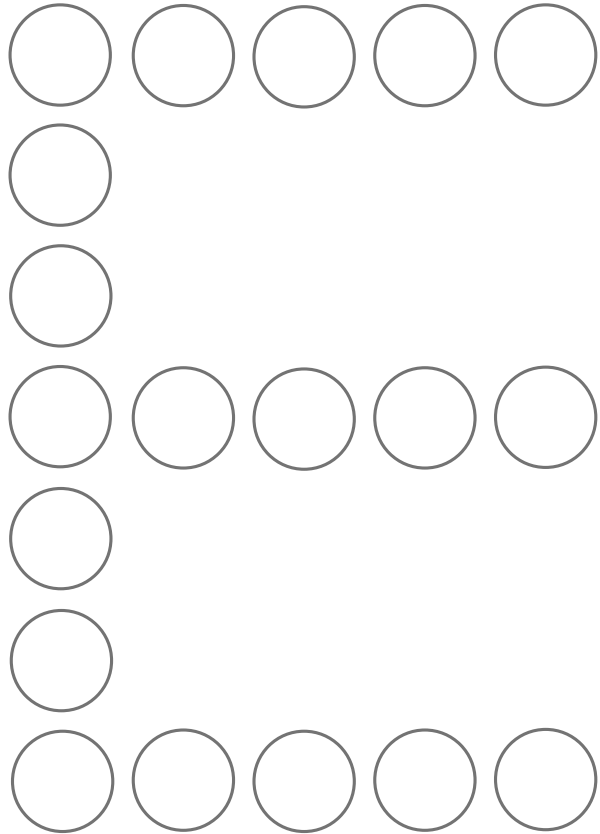
**Be...**



**SINCERE**



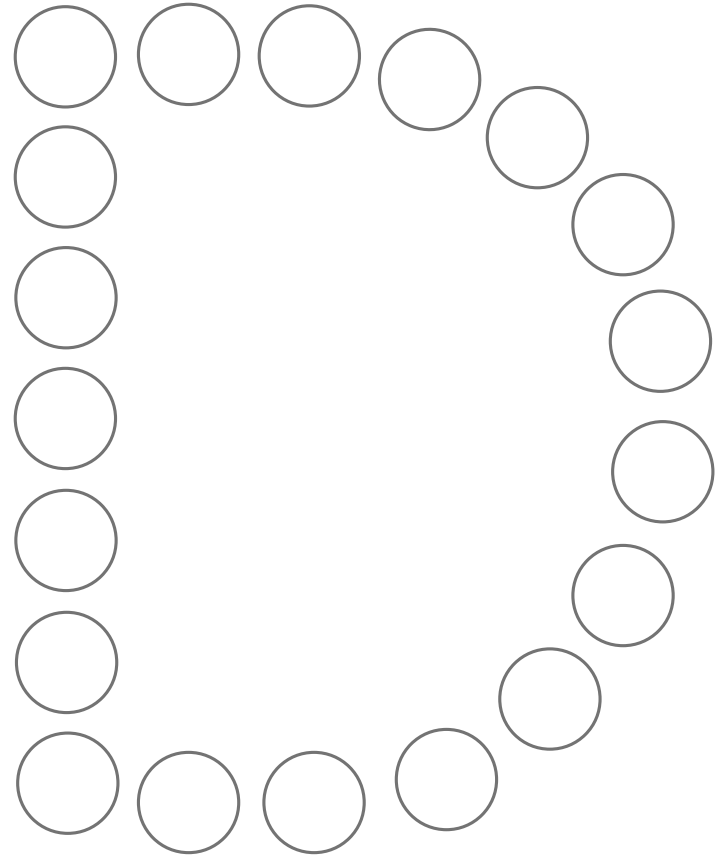
**Be...**



**E**NCOURAGING



**Be...**



**D**ELIGHTFUL