

## Could You Pass the Conversion Test - Section #1 - Weekday Living:

### Section #1 - Weekday Living - Class #1 - Getting Up in the Morning:

#### **A. Constant Mitzvah #1 - Know There is a G-d :**

1. Shulchan Aruch: One should strengthen himself like a lion to get up in the morning to serve his creator. He should get up early enough to welcome in the dawn. [ And at least not after the Z'man Tefilah (time for praying) in which the congregation prays. Scripture says, "I placed Hashem before me always". This is a great concept in the Torah and is a paramount attribute for the Tzadikim (righteous people) who walk in the way of G-d. For the way in which a person sits, moves around, and carries out his daily activities while he is alone his house is not the same way he should engage in these activities while standing before a great King. In addition, the way one speaks while amongst those in his home and the conversations he partakes with his relatives is not the same manner in which he would speak while in the presence of a mortal King. Surely when one considers in his mind that the mighty King, The Holy One blessed be his name, where the whole world is filled with his glory, stands before him and sees his deeds, as it states: "If a man will conceal his secrets and I will not see it, states Hashem"; immediately the fear and the proper awed train of thought of Hashem will descend upon him and he will always be humble before G-d. [And one should not be ashamed before people who mock his service to Hashem. Also, when one is in private and when one lies on his bed, he should know before whom he is lying and immediately his should arise with enthusiasm to serve his creator and he will get up.]
2. You should conduct yourself, and all your affairs, in a way that demonstrates that you are a member of Hashem's people who faithfully strives to fulfill your Creator's will.
3. If one is not physically capable of getting up in the pre-dawn hours, one should at least get up in order to prepare adequately for praying on time.

#### **B. Modeh Ani - Artscroll Siddur pg. 2:**

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיָּתָהּ בִּי נִשְׁמָתִי בְּחַמְלָה. רַבָּה אֱמוּנָתְךָ.

Modeh anee lefanecha melech chai vekayam, she-he-chezarta bee nishmatee b'chemlah, raba emunatecha.

I offer thanks to You, living and eternal King, for You have mercifully restored my soul within me; Your faithfulness is great.

1. To be said immediately upon waking up. (and you do not plan on sleeping any more)
  2. What are we thanking Hashem for ? Being thankful for "authentic living" as a Jew with a holy soul.
  3. We also thank Hashem for His entrusting us with a refreshed soul after we gave him a sinful soul for his protection the night before.
  4. Pause slightly between the words *b'chemlah* & *rabbah*
  5. Now - get up like a lion !
- #### **C. Washing Hands:**
1. Wash our hands with water, before getting out of bed, as soon as possible after awakening.

2. Try to arrange having water close to where you sleep - so that you do not walk more than 4 Amos (6-8 feet). (It is still acceptable to walk more than 4 Amos if you are in the same room.)
3. Optimal to prepare a large cup / container with water in a large empty basin next to your bed, so that you can wash in bed before your feet touch the floor.
4. If a utensil is unavailable, you may wash from the sink; but must be careful to turn the faucet on to wash the right hand, then turn it off; then turn it on to wash the left hand, then turn it off...continuing in that way until both hands have been washed 3/4 times.
5. Do not touch bodily orifices or any food before washing.
6. 3 reasons for washing: 1) We are like Kohanim; 2) Unclean hands; 3) Spiritual impurity
7. How to perform: 1) take an uncracked utensil filled with water in your right hand; 2) pass it to your left hand in order to wash the right hand first; 3) Wash each hand in this order: right, left, right, left, right, left (Some wash each hand 4 times); 4) Preferable to wash hands up to the wrist.
8. Keep your hands pointed downwards while they are being washed, so the entire hands get washed.
9. Dry your hand in towel - not in your clothes
10. Water should be spilled out. Care should be taken not to spill this water on the floor.
11. If you washed prior to dawn (72 minutes before sunrise), you should wash again after dawn, but without a blessing.

**D. Bathroom:**

1. One should relieve oneself upon arising in the morning in order to have a clean body for prayers.
2. One should relieve oneself deliberately - not forcefully. Do not leave the bathroom until you feel totally relieved.
3. Do not speak while relieving yourself.
4. It is forbidden to speak or think of words of Torah, or even mundane Hebrew words while in the bathroom.
5. One should not have magazines in the bathroom with immodest pictures.
6. Nowadays, you need not concern yourself with Tznius issues in the bathroom.
7. Take care to clean yourself properly.
8. It is optimal to wipe oneself with one's weaker hand; but either hand is permitted.
9. Be careful to not do anything that would sexually stimulate oneself.
10. Wash your hands immediately on leaving the bathroom. It should optimally be washed outside the bathroom, but inside is also acceptable, especially if you dry them outside the bathroom. It should optimally be washed 3 times with a utensil, but a regular washing of the hands is also acceptable.