

THE 6 CONSTANT MITZVOS

- #1 אנכי ד' אלקיך
- #2 לא יהיה לך אלהים אחרים על פני
- #3 שמע ישראל ד' אלקינו ד' אחד
- #4 ואהבת את ד' אלקיך
- #5 את ד' אלקיך תירא
- #6 לא תתרו אחרי לבבכם ואחרי עיניכם

כל רגע שיחשוב בהן קיים מצות עשה ואין קץ למתן שכר המצות

Every moment that he contemplates them he fulfills a positive command, and there is no end to the reward for Mitzvos
בה"ל תחילת או"ח מספר החינוך

**ברוך אתה
ה' אלקינו
מלך העולם**

WE CAN FULFILL
THE 6 CONSTANT
מצות AND
STRENGTHEN
OUR **בטחון**
THROUGH THE
ברכות WE MAKE
EACH DAY

For inquiries call
917-551-0150

(PLEASE TURN OVER) ▶

לעייני ר' שלמה רפאל בן ר' חיים ז"ל • חיה בת ר' אליעזר הלוי ע"ה • ר' נפתלי בן ר' רפאל ז"ל

#4: ברוך - ואהבת את ד' אלקיך / אהבת ד'

It is a constant מצוה to love Hashem. When you say the word “ברוך”, you address Hashem as the endless source of all blessing – health, livelihood, and every pleasure you will ever experience. Every moment you feel this love for Him, you fulfill the מצוה of אהבת ד'.

#2 & #3: אתה - לא יהיה לך / יחוד השם

It is a constant מצוה to recognize that no power can impact our lives other than Hashem. It is also a constant מצוה to know that He alone is the source of every seemingly independent power. (Note the familiar term “אתה”. Hashem makes Himself available to us, and we address Him directly in spite of His awesome power).

When you say “אתה” in a given brocho, think of how powerless we all are in that specific area and that **ONLY Hashem has power and control**. You will be fulfilling these 2 constant מצוה as well as strengthening your Bitachon (which לומר say we must work on DAILY).

#1: ד' אלקינו - אנכי ד' אלקיך

It is a constant מצוה to know that there is one G-d who created the world and all its contents. He controls every minute detail of our existence, as affirmed by Yetzias Mitzrayim and Matan Torah.

When you say “ד'”, Chazal require you to contemplate that **Hashem is the master of all there is in the world and in your own life**. Hashem is everlasting. HASHEM WAS, IS, AND ALWAYS WILL BE.

#5 & #6: מלך העולם - יראת ד' / לא תתורו

It is a constant מצוה not to stray after your heart and eyes. It is also a constant Mitzvah to fear Hashem – to subjugate your desires to His desires. Before taking action, be sure to consider “Does Hashem want me to think, speak, or behave in this manner, or will I simply do as I wish?”

