

TRANSFORM YOURSELF. TRANSFORM YOUR YEAR.

God's 13 Attributes of Mercy are an ancient secret to transforming ourselves, our character, and our relationships. In addition to reciting these 13 traits during the Yom Kippur service, when we practice the 13 traits in our relationships with family, friends, and strangers, God promised that He will mirror our behavior and deal kindly with us in return. Transform yourself this Yom Kippur.

CHARACTER TRAIT

WHAT GOD DOES

WHAT WE CAN DO

01

ה'

HASHEM

God's name is said twice at the beginning of the 13 traits to indicate that God is consistent and unchanging.

Strive to be consistent, dependable, and trustworthy. Follow through with your commitments and stick to your word.

02

ה'

HASHEM

When we make mistakes, God gives us time to repent, and accepts our repentance even if it's imperfect.

Give people time to offer an apology if they hurt you. And when they do apologize, accept even half-hearted apologies.

03

א-ל

ALL-POWERFUL

Although God has the power to destroy us the instant we sin, He holds himself back from doing so.

If you feel like saying something angry or hurtful, tap into your inner strength and hold yourself back from saying it.

04

רחום

COMPASSIONATE

God has compassion on all of his creations by providing food for the hungry and healing us when we're in pain.

When you see someone in pain, do whatever you can to alleviate their suffering.

05

חנון

GRACIOUS

God does so much good for us even when we don't deserve it.

Do favors for people "just because" - Because YOU want to be a nice person, regardless of who they are or if they deserve it.

06

ארך
אפים

SLOW TO
ANGER

God gives us time to reflect, reconsider, and improve on our behavior.

Patience. Don't react immediately if someone angers you. Give yourself time to cool off before responding.

07 **רב חסד**
BESTOWS ABUNDANT KINDNESS

God's goodness is infinite; He loves to give us pleasure and He never stops doing kindness all day long.

Seek out opportunities to give pleasure to others - a smile, a compliment, or a donation to a needy cause.

08 **אמת**
TRUTHFUL & FAITHFUL

God sticks to His word and loyally rewards every effort we make to improve ourselves.

Be a loyal friend and don't speak negatively about people behind their back.

09 **נוצר חסד לאלפים**
PRESERVES KINDNESS

For every mitzvah we do and every step toward self-improvement, God rewards our descendants... for thousands of generations!

If someone does a favor for you, express sincere appreciation and pay it back by doing favors for them and for their family.

10 **נושא עון**
LIFTS SINS

God removes sins from the scale of justice, thus tilting the scales in favor of merit.

Focus on the good in other people and be quick to overlook their flaws.

11 **ופשע**
FORGIVES THE REBELLIOUS

Even those who rebel against God and purposely seek to anger Him are given the opportunity to repent.

Allow people the opportunity to gain your trust back, even if they hurt you very much.

12 **וחטאה**
FORGIVES MISTAKES

God forgives us when we apologize for unintentional sins that we did due to carelessness or apathy.

Recognize that mistakes are just mistakes. Attribute people's wrongdoings to carelessness rather than intentional malicious acts.

13 **ונקה**
CLEANSES

If we recognize our mistakes and strive to improve, God erases our failures as if they had never existed!

Forgive people wholeheartedly, to the point that they feel totally safe and comfortable in your presence.

THE TALMUD STATES: GOD WRAPPED HIMSELF IN A TALLIS AND TAUGHT MOSHE HIS 13 ATTRIBUTES OF MERCY, SAYING: "WHENEVER THE JEWS FAIL, IF THEY PRACTICE THESE 13 ATTRIBUTES OF MERCY, I WILL FORGIVE THEM."

נתעטף הקב"ה כשליה צבור והראה לו למשה סדר תפלה. אמר לו: כל זמן שישראל חוטאין יעשו לפני כסדר הזה ואני מוחל להם. (ראש השנה יז):
אומרים הגאונים כי כוונת "יעשו לפני כסדר הזה" - אין הכוונה לבד על עטיפת תלית, אלא שיעשו סדר המידות שלמד הקב"ה למשה שהוא אל רחום וחנון, דהיינו: מה הוא רחום אף אתה תהיה רחום וכו' וכן לכל יג' מידות. (ראשית חכמה: שער הענוה פרק א')