



CHOVOS HALEVAVOS - Cheshbon HaNefesh

September 1 / א' אלול

Reflect on the chesed HaShem in my own existence. I am more distinguished than an animal, plant, or inanimate object. Hashem has given me shelter and all my needs since birth.

September 2 / ב' אלול

Reflect on the chesed HaShem in my body. I have graciously been gifted with eyes, hands, legs, and so much more. I have a whole and complete body that works in harmony.

September 3 / ג' אלול

Reflect that I have intelligence and insight. I was given good middos and noble qualities and characteristics.

September 4 / ד' אלול

Reflect upon the chesed of getting the Torah to draw us close to Hashem's will, thus attaining this World and the Next. Think about the favor of being given the capacity to understand Torah. Think about neglecting Torah study.

September 5 / ה' אלול

Reflect on man's relatively insignificant characteristics in the entire b'ri'ah (Creation), and feel humbled by Hashem's favors and the dignity given to man.

September 6 / ו' אלול

Reflect that the entire physical world exists by Hashem's will and that nature does not rebel against Hashem's instructions. My body's organs work in harmony. Can I do any less?

September 7 / ז' אלול

Reflect how a servant has obligations to his Master. The Master takes care of the servant's needs. When the servant reflects on his Master's kindness, he will use his body and soul to find favor in his Master's eyes. My service should be with a whole and sincere heart.

September 8 / ח' אלול

Reflect how obligated I am to recognize Hashem's unity, that He is one with no beginning nor end to His existence. There is no other. Second, I am only serving Hashem for the sake of His Great Name. I don't serve Hashem for praise, reward, or fear of people.

September 9 / ט' אלול

Reflect on the different ways of serving Hashem by using all of my energies and talents. This includes duties of the heart alone, duties of the heart together with the limbs (davening, learning Torah), and duties of the limbs alone (sukkah, lulav, tzitzis, mezuzah, Shabbos, Yom Tov and Tzedakah). Reflect before doing a mitzvah and while doing a mitzvah that I care to devote my heart to Hashem only. Focus on trying to do a mitzvah perfectly out of awe of Hashem. Think about the meaning and words of tefilah.

September 10 / י' אלול

Reflect that Hashem sees and remembers all my deeds – good and bad. Hashem knows my thoughts.

September 11 / י"א אלול

Reflect and make an accounting on if I use my days to serve Hashem or my yetzer.

September 12 / י"ב אלול

Reflect on how much effort I put into worldly matters. Do I put such effort into the service of Hashem? Think about the superiority and eternity of the neshama over the lowly and transient body.

September 13 / י"ג אלול

Reflect on the difference between my knowledge and my deeds. Imagine a servant who used the king's field partly for his private purposes and had to give an accounting for his action. Think that I will be held responsible and that I have a debt to pay to the King. Use time to serve the Creator each day.

September 14 / י"ד אלול

Reflect on how much Hashem loves us and helps us in every generation. Hashem has a bris with the Avos. We should feel gratitude for His kindness to us and our forefathers.

September 15 / ט"ו אלול

Reflect on the preparations needed for my neshama's longest trip. Be ready to leave at any time. Consider if I have enough provisions to last.

September 16 / ט"ז אלול

Reflect on the suddenness of death. No escaping. Think that it can happen without warning at any hour, day, month, season or age – young or old. Think about what is needed for the Day of Reckoning

September 17 / י"ז אלול

Reflect on the benefits of solitude for the soul. Think about the ill effects of gossip, slander, and scoffing and falsehood. Stay away from the arrogant who ridicule. Separation saves one from sins. BUT befriend the righteous.

September 18 / י"ח אלול

Reflect on man's insignificant position in creation and feel humbled by Hashem's favors and the dignity given to man.

September 19 / י"ט אלול

Reflect on how Hashem saves me from all sort of tragedies -- hunger, thirst, cold, heat, poisoning, wild animals, illness and imprisonment. Despite my sins, Hashem overlooks, and I escape these punishments.

September 20 / כ' אלול

Reflect on how I spend the money which Hashem has entrusted me at this time. Do I spend money in the service of Hashem?

September 21 / כ"א אלול

Reflect on increasing capacity and yearning for service of Hashem. Desire to increase in spiritual service and understanding. Hashem helps me achieve this beyond my natural abilities.

September 22 / כ"ב אלול

Reflect on helping other people. Strive for the common good. Find good friends who will help you in your religious and secular pursuits.

September 23 / כ"ג אלול

Reflect on Hashem's intricate creation. Wonder and be inspired by observing creatures and events you have seen since childhood. Solar or lunar eclipse, thunder, lightning, storms, sunrise and sunset, rain, wind, ocean, waves, rivers have all been created by Hashem.

September 24 / כ"ד אלול

Reflect that the Torah and tefilah knowledge of your youth is insufficient. Study the language and interpretations with renewed and higher understanding, remember, and review.

September 25 / כ"ה אלול

Reflect on removing love of this world and replacing it with love of the next world. Focus on my eternal neshama's interest and not the body's interests. However, provide the body with its needs.

September 26 / כ"ו אלול

Reflect on fearing the punishment of a human king when not following a royal command. Do I feel that way before Hashem?

September 27 / כ"ז אלול

Reflect that when a *tzara* happens to my body or property, it is from Hashem. Happily accept, and do not be angry with the decree. Suffering can be because of deserved punishment – as a *kapara*, or as a test to increase reward. Bear suffering patiently and graciously. Place trust in Hashem and you will be rewarded.

September 28 / כ"ח אלול

Reflect on trusting Hashem. Since He has given us all that we have, we must be confident that His guidance and judgment on me, under all circumstances, are perfect.

September 29 / כ"ט אלול

Reflect on the superiority of my neshama over my body. Prioritize attention paid to my neshama over my body.

September 30 / א' דראש השנה

Reflect that I am a stranger in this world. I have to keep the laws of this land. I have to help other strangers. I have to serve the Ruler and be content with the fulfillment of my basic needs, I have to prepare for my departure and the provisions needed for the journey. I should express gratitude to the Ruler and graciously bear any difficulties I may have.