Lesson 1 - What are Tefillin and Why do we Wear them?

Hands On: Writing the Parchment (students will write the Shema and their name in Hebrew)

1) Start With The Singing Of The Shema / Veahavta And Its Translation (Pages 100 & 101 In Siddur Sim Shalom)

2) Focus On Words: “You Shall Bind Them As A Sign Upon Your Hand, They Shall Be A Reminder Above Your Eyes.”

3) Open Question: What Is A “Sign”?

4) What Else Is There That We Use In The Veahavta? Answer: Mezuzot

5) Show Mezuzah Casing (Make Sure It Has A Shin On It)

6) What Do Mezuzot And Torot (Torahs) Have In Common? Answer: Scrolls

7) Show Mezuzah Scroll – Show Shema

8) Point Out Shin On Casing – Not For Shema, But Rather For Shadai = God’s Name Or Shomer Dalatot Yisrael (Shin, Dalet, Yud) = Guardian Of The Doorposts of Israel, Tefillin do the same for us.

9) “Tefillin” Means “Prayer” – “Prayer Boxes.” Wear Them On Arm And Head = Close To Our Heart And Mind

10) What Do They Mean? Ever Hear Of Kabbalah (Madonna Studies It) – It’s Bringing Meaning To The Meaningless, Like Boxes – “Spirituality” – Every Little Part Has Meaning

11) Take Out Open Tefillin & Show Scrolls

12) Scrolls Mention Tefillin – “Sign Upon Hand…” Mentioned 4 Times In Torah – Show Four Sections For Head And One Section For Arm (One Big Scroll With All 4 Passages)

13) Show Boxes (“Bayit” = “House”) And Shins On Them

14) Why Shin? Not Shema, But Shadai – God Protecting Us (Like Our Homes)

15) What’s Different About These Shins? One Shin Has 3 Arms And One Has 4

16) Why 3 And 4 Arms? How Many Commandments Are There? Not 10, But 613 - Alef = 1, Bet = 2, Gimel = 3, Numerical...
Equivalent Of Shin Is 300 (X2 Shins = 600)  
- Plus, The Word Sheish (2 Shins) = 6. 606, So Far  
- Plus, The Total # Of Arms Of The Shins (7) = 613  
- So, When We See The Tefillin We Think Of 613 Commandments

17) How Many Of You Come To Services Other Than Shabbat? (Not Many) Therefore, Many Have Never Seen Tefillin

18) Why Not On Shabbat? Tefillin Are A “Sign” And Shabbat Already Is A “Sign” To Our People, So We Don’t Need Tefillin

19) Why Do We Wear Them? (Open Up To Answers) Lead To “God Said So.”


21) Did You Know, According To The Talmud (Jewish Law Book), That God Wears Tefillin? What Do You Think God’s Tefillin Says? That God Loves Us.

Lesson 2 - What do we do with the Tefillin?

22) Put On Tefillin For Show  
23) Order: Arm First, Head Second, Hand Third

24) Arm:  
- Bayit On Muscle Of Weak Arm (Usually Left - for right handers, By Heart)  
- 7 Windings Around Forearm. Why?  
Most Important Line Of Ashrei – “Poteiach Et Yadecha…” (82) – “God Opens God’s Hands And Satisfies All Our Needs” – 7 Words  
- Also, Middle Line Of Kaddish – “Yehei Shmei Rabbah…” (94) – “May God Be Praised Forever” – 7 Words  
- Also, 7 Days Of Creation/Week  
- Put On Tight, But Not Too Tight, Circulation

25) Head:  
- At Hairline, If Have One  
- Make Sure Head Straps Aren’t Turned Around (Black On Inside) – If See Another, Then Should Help Them

26) In New York – People On Street Getting You To Put On Tefillin  
- It’s A “Mitzvah” – Not Good Deed, But “Commandment” – God Said So  
- If Have None, Then Could Borrow Someone Else’s At End Of Service, Just To Put On, Bless, And Then Take Off.  
- Some People Used To Wear Them All Day  
– If Holy All Day, Then Can Wear All Day. But Not In Bathroom

27) Hand:  
- Form Shin  
- 3 Times Around Finger = Marriage  
– “Veeirastich Li…” – “I Betroth You To Me…”  
3 Times (Page 6 in Sim Shalom)


29) We Wear As Adults – Practice When Minors. When Do We Become Adults? 13 (Boys) And 12 (Girls) – Not Bnai Mitzvah Celebrations, But Rather Our Birthdays – Jewish (Lunar)

30) What Do We Do With The Tefillin Once We Are Wearing Them? Same As The Torah And The Mezuzah, We Kiss Them

31) When Do We Kiss Them?  
- At The Shema ( pg. 100/102) – Each Mention Of Hand And Head  
- Ashrei (82) – Poteiach Et Yadecha…  
- Barchu (96) – “Creator Of Light And Darkness” = Heart And Mind


33) What Is The Holiest Thing In Judaism? (Want Them To Answer Torah) But, The Real Answer Is “You.” People Are Holier Than The Mezuzah/Tefillin/Torah. So, We May Treat The Torah With Respect, But We Have To Treat Each Other With Even More.

Good Luck!