

# KINDNESS (CHESED)

## What Are Acts of Kindness

We are commanded to do acts of kindness (*chesed*), which means helping someone by doing an action that that person cannot do (or has difficulty doing) for him/herself.

### EXAMPLE

- Visiting sick people;
- Opening a window for a crippled or weak person;
- Giving charity;
- Teaching non-religious Jews about Judaism;
- Finding marriage partners for single people.