

# WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT)

## WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): EXEMPTIONS

### Women: Exemption from Time-Dependent Positive Commandments

Women and girls are generally exempt from time-dependent positive commandments (mitzvot), but they may perform these voluntary mitzvot and if they do, they do say the relevant blessings:

- Lulav
- Sukka
- Saying the full shema.

Women and girls may NOT do these time-dependent positive commandments (mitzvot):

- Kiddush levana
- Tefilin
- Tzitzit.

## WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): OBLIGATIONS

### Women: Time-Based Positive Mitzva Obligations

Although women and girls are generally exempt from time-dependent positive commandments (mitzvot), they may do some mitzvot for which they are not obligated and it is considered to be virtuous behavior for which they will get a reward. They may say the blessings before each mitzva.

1. These are voluntary mitzvot that women may do:

- Lulav
- Sukka
- Saying the full shema.

2. Women and girls MAY NOT wear tefilin.

3. Women traditionally do not:

- Say tachanun.
- Wear talit or tzitzit (talit katan).
- Study gemara.
- Say kiddush levana or birkat ha'chama.

But these are not forbidden.

### Women: Time-Based Positive Commandments/Mitzvot: Obligations

In addition to prayer obligations (see [Women: Minimal Prayer](#)), women and girls 12 years old and up are required to keep these time-dependent positive commandments, among others:

- Candle-lighting for Chanuka (see [Chanuka: Candles: Who Should Light](#) )
- Candle-lighting for Shabbat, Jewish festivals, Rosh Hashana, and Yom Kippur.

- Havdala (say or hear) after Shabbat, Jewish festivals, Rosh Hashana, and Yom Kippur.
- Kiddush (say or hear) on the first night (or first two nights outside Eretz Yisrael) of every Jewish festival, and also the next morning.
- Passover (all commandments, including eating matza at the Passover seder).

**NOTE** Because she must eat matza, she must therefore say birkat ha'mazon afterward (so if a woman omits ya'ale v'yavo in birkat ha'mazon at the seder, she must repeat birkat ha'mazon!).

- Megila on Purim.
- Shabbat (For why women must keep time-dependent, positive commandments on Shabbat, see [Introduction to Shabbat](#) )
- Shofar on Rosh Hashana.

**NOTE** Jewish women universally accepted upon themselves to hear shofar on Rosh Hashana, but they only need to hear 30 blasts.

- Hearing the reading of Parashat Zachor.

### Women: Mayim Achronim

See Birkat HaMazon: Mayim Achronim.