

Mussar Of Mashiach

Class 1

Definitions

Mussar (מוסר): Often translated “discipline” or “instruction”

“The proverbs of Solomon, son of David, king of Israel: to make known words of wisdom [chochma], and discipline [mussar]... Hear, my child, the discipline [mussar] of your father and do not forsake the teaching [torah] or your mother.” Proverbs 1:1-8

Middot (מידות): Character Traits, literally “measurements.” Singular is “middah”

Discussion Questions

- Read Matthew 5. How many Middot (Traits) are just in that Chapter?
- Have you studied any Mussar works before? Which ones? What did you think of them?
- Have you tried any Mussar practices before, which ones worked well for you?

Resources:

Contemporary

Everyday Holiness by Alan Morinis
Rivertonmussar.org

Classics

Duties of the Heart by Bachya Ibn Pekuda
Path of the Just by Rabbi Moshe Chaim Luzzatto
The Ways of the Tzaddikim
Strive for Truth by Eliyahu Dessler

Next Class

Wednesday June 27

Notes: