



## Facilitator/Educator Tips on How Use This Resource

1. Review the material ahead of time to ensure you have a grasp on the *middah* concept, as this curriculum dives deeply into Mussar perspectives of *middot*.
2. It is recommended that you project the PDF (if possible) as you discuss each slide with your teen group, using the suggested prompts on Slide 4. There are additional prompts on each slide to also guide conversations.
3. We encourage that you invite discussion not only about the content, but also about how the chosen images/pictures relate to the learning. Another option is to have teens journal about the prompts or pair up in *chevruta* to discuss. Mussar's foundational practices encourage journaling and discussion with others.



## Challenges and Choices: Humility/Anavah

Which of the birds do you think are taking up an appropriate amount of space on the wire?

Which bird most represents how you feel at this moment? Why?

Which bird do you see as acting with humility or being humble (as you understand the term humble)?



## Challenges and Choices: Humility/Anavah

### **Definition of the *Middah* of Humility / *Anavah***

In Mussar, humility/*anavah* means occupying a rightful amount of space, neither too much nor too little and focusing neither on our own virtues nor the faults of others

### **Question to consider**

In what way is the Mussar definition of humility/*anavah* different from your understanding?  
In what way is it the same?



**Discuss** the below prompts to unpack the Mussar texts and images that follow

1. How would you put this text into your own words? What is it saying about the *middah*?
2. What do you think and/or feel about the text (and the choice of image)? Share your reasoning.
3. What's the lesson you are learning from your understanding of this text? How might that lesson help you grow as a person?
4. Share some ideas on how you could practice the *middah* in your life this upcoming week.



**“And the man Moses was more humble than any other person on the face of the earth.”**

**וְהָאִישׁ מֹשֶׁה עָנָו מְאֹד מִכָּל הָאָדָם אֲשֶׁר עַל-פְּנֵי הָאֲדָמָה**

*(Numbers/Bamidbar 12:3)*

1. Who can you identify as being a humble leader?
2. What impact does this kind of leader have on the community and the world?



**“Humility precedes honor.”**

**וְלִפְנֵי כְבוֹד עֲנָה:**

*(Proverbs/Mishlei 15:33)*

1. If behaving with humility includes not seeking honor for yourself (i.e. not being the center of attention, for example), how can it be that humility comes before honor?
2. How might taking up the right amount of space (humility) lead to honor (i.e., being treated with respect)?



**“When pride comes, then comes disgrace, but with humility comes wisdom.”**

**בְּאִזְדוּן וַיִּבֹא קִלּוֹן וְאֶת־צְנוּעִים חִכְמָה:**

*(Proverbs/Mishlei 11:2)*

1. Share an example of a time when your act of humility – of taking up just the “right” amount of space – helped you learn something.
2. Why do you think the tradition is so clear in condemning pride and celebrating humility? How important is this to you? Why?



**“The awareness of the true nature of one’s skills and capacities is in no way incompatible with humility .”**

*(Rabbi Abraham Twerski, Let Us Make Man; p. 19)*

1. Make a list of a few things you know you are really good at. Be truthful. How might you express your “skills and capacities” truthfully but not arrogantly?

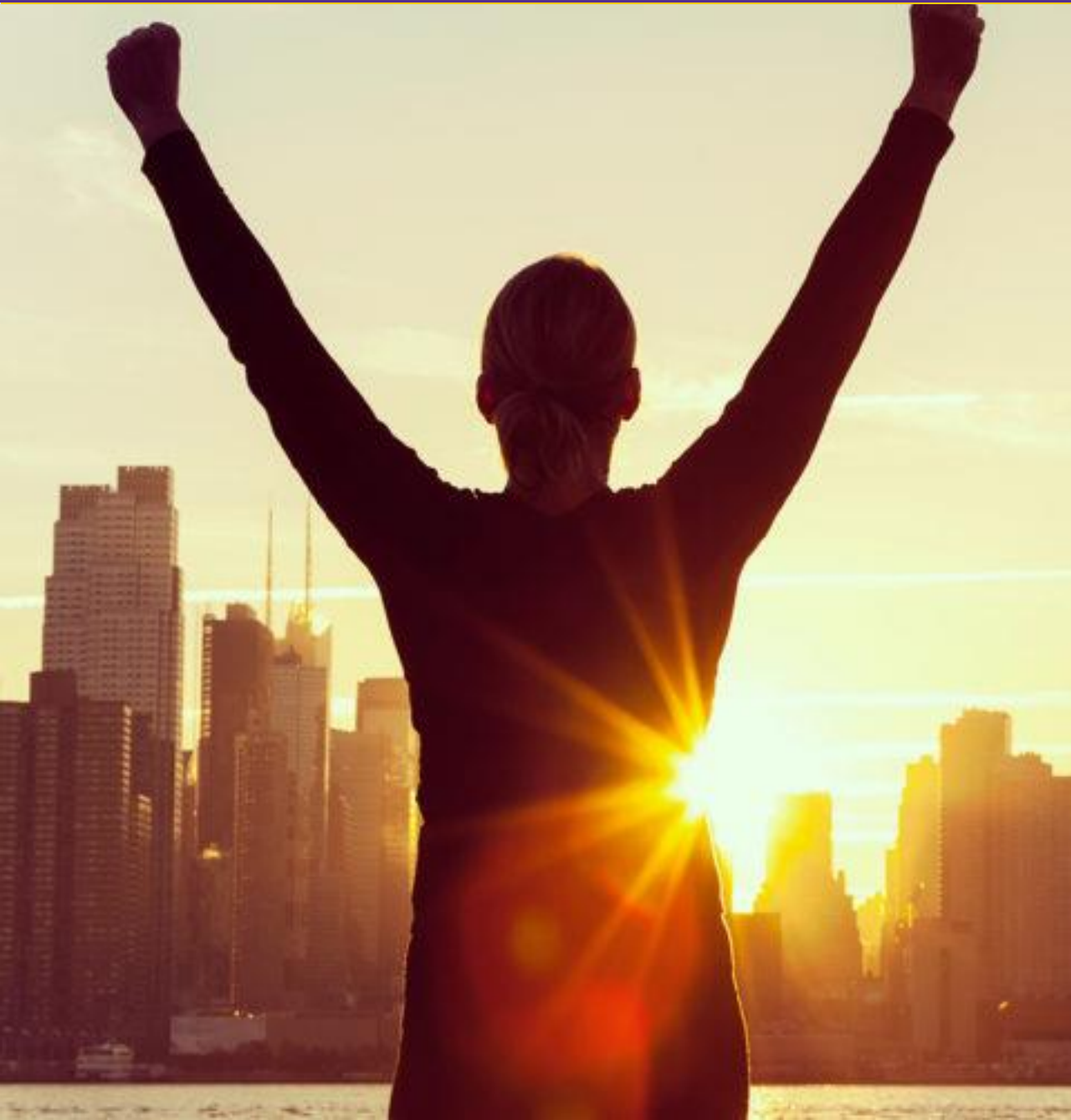




**“The humble person learns from everyone, even one [perceived to be] lesser than them, as the verse states, ‘From all my teachers I grew wise.’”**

*(119:99) (Rabbi Shmuel of Ouiza, Midrash Shmuel, 16thc.)*

1. How can learning from someone “lesser than you” be “the test of your humility”?
2. *Chevruta* challenge: Taking turns, choose an “unlikely” person/type of person (i.e., an infant, a younger sibling) and challenge your *chevruta* partner to find something they have – or might – learn from them.



**“At times we should not be afraid of the feeling of greatness, which elevates a person to do great things. And all humility is based on such a holy feeling of greatness.”**

*(Rabbi Abraham Yitzchak Kook)*

1. Share a moment in your life when you experienced feelings of greatness and were afraid (or uncomfortable) to feel your own greatness.
2. How might feelings of greatness be the basis for humility rather than feelings of insignificance?