



CHAI GUIDE
RECOMMENDED LESSONS FOR 21 WEEKS OF
INSTRUCTION

Level 2 Priority Lessons – Torah

- Lesson 1: Introduction to Torah
- Lesson 2: Introduction to the Book of *Sh'mot*
- Lesson 3 *Parashat Sh'mot*: Finding God in Small Places
- Lesson 5 *Parashat Bo*: Marking Our Freedom (Session Bet)
- Lesson 6 *Parashat B'shalach*: Nachshon to Visit
- Lesson 7 *Parashat Yitro*: Helping Hands
- Lesson 8 *Parashat Ki Tisa*: The Israelites and the Golden Calf

Level 2 Priority Lessons – Avodah

- Lesson 2 Why Can't I See God?
- Lesson 3 Shabbat Blessings
- Lesson 4 Morning Blessings
- Lesson 5 *Sh'ma*
- Lesson 6 Evening Blessings
- Lesson 7 How Do I Talk to God?
- Lesson 8 How Does God Talk to Me?

Level 2 Priority Lessons – G'milut Chasadim

- Lesson 2 Opportunities to Do *G'milut Chasadim*
- Lesson 3 Torah Teaches Us
- Lesson 4 In God's Image
- Lesson 5 Being God's Partner
- Lesson 6 Welcoming Guests
- Lesson 7 Taking Action
- Lesson 8 Reflections on Doing *G'milut Chasadim*



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Level 3 Priority Lessons – Torah

- Lesson 1 Introduction to *Vayikra/Leviticus-Parashat K'doshim*: Holiness
- Lesson 2 *Parashat Vayikra*: Sacrifice, Gifts, Drawing Near
- Lesson 6 *Parashat Emor*: Shabbat-Holy Time
- Lesson 7 *Parashat B'har*: The Sabbatical Year-Holiness of the Earth
- Lesson 8 *Parashat K'doshim*: Love Your Neighbor
- Lesson 9 *Parashat B'chukotai*: Rules, Laws, and Teachings-Passing It On

Level 3 Priority Lessons- Avodah

- Lesson 2 Road Signs to God
- Lesson 3 How Do We Relate to God
- Lesson 5 Acting Holy
- Lesson 6 Everything's *B'seder*, All Is in Order
- Lesson 7 Our Bodies Are a Gift from God
- Lesson 8 Ordinary Moments Can Be *Kadosh*
- Lesson 9 Taking God Home

Level 3 Priority Lessons – G'milut Chasadim

- Lesson 1 Taking Responsibility: Doing *G'milut Chasadim*
- Lesson 2 *K'lal Yisrael*: Helping Jews Around the World
- Lesson 4 Our Actions Make a Difference: Caring is Contagious
- Lesson 6 *G'milut Chasadim* Road Map
- Lesson 7 The *G'milut Chasadim* Holiday Connection-Session *Alef*
- Lesson 8 The *G'milut Chasadim* Holiday Connection-Session *Bet*
- Lesson 9 *G'milut Chasadim*: Review and Taking Action



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Level 4 Priority Lessons – Torah

- Lesson 1 *Am Yisrael, Eretz Yisrael, and the B'rit*
- Lesson 2 *Am Yisrael-Session Alef: All Jews are Members of Am Yisrael; I Am a Member of Am Yisrael*
- Lesson 3 *Am Yisrael – Session Bet: It Takes Twelve Tribes to Create A People*
- Lesson 4 *Eretz Yisrael - Session Alef: The Physical Land*
- Lesson 5 *Eretz Yisrael – Session Bet: The Land of Our Souls*
- Lesson 8 *B'rit – Session Gimel: Keeping the B'rit*
- Lesson 9 *Wrap-Up: We Are About to Enter the Land...*

Level 4 Priority Lessons - Avodah

- Lesson 1 *Kavanah*
- Lesson 2 *Keva: Why We Pray*
- Lesson 3 *Siddur Geography: Our Journey Through the Prayer Book*
- Lesson 4 *The Sh'ma and Its Blessings: Finding Kavanah in Keva (Session Alef: Sh'ma and V'ahavta)*
- Lesson 5 *The Sh'ma and Its Blessings: Finding Kavanah in Keva (Session Bet: Creation, Revelation, Redemption)*
- Lesson 6 *Kiddush: Sanctifying Our Lives Through Fixed Prayer and Personal Feelings of Holiness*
- Lesson 7 *Communal and Individual Prayers*

Level 4 Priority Lessons – G'milut Chasadim

- Lesson 1 *Making Peace Among Friends*
- Lesson 2 *Sh'lom Bayit: Peace and Harmony at Home*



- Lesson 3 Accepting Differences: Love Your Neighbor as Yourself (*V'ahavta L'rei-acha Kamocha*)
- Lesson 4 Show Honor with Action: Honor Your Parents (*Kibud Av Va-eim*)
- Lesson 5 Befriending the Lonely
- Lesson 7 Understanding the Elderly
- Lesson 8 Honoring the Elderly (*Kibud Z'keirim*) Session *Alef*

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Level 5 Priority Lessons - Torah

- Lesson 1 Tanach: Getting to Know You
- Lesson 2 Meet the Prophets
- Lesson 3 Joshua: Warrior Prophet
- Lesson 4 Deborah: Bringing Light to Her World
- Lesson 5 Jonah and Jeremiah: The Reluctant Prophets
- Lesson 6 Amos and Isaiah: The Intolerant Prophets
- Lesson 7 Elijah: Who Was He? Who Is He?

Level 5 Priority Lessons - Avodah

- Lesson 2 Introduction to the *Amidah*
- Lesson 3 *Amidah* Section 1: *B'rachot* of Praise
- Lesson 4 *Amidah* Section 2: *B'rachot* of Petition
- Lesson 5 *Amidah* Section 3: *B'rachot* of Thanksgiving
- Lesson 6 The *Aleinu* Prayer: Choosing God
- Lesson 7 The *Kaddish* Prayer: Remembering and Affirming God
- Lesson 8 Israel in Our Prayers

Level 5 Priority Lessons – G'milut Chasadim



Lesson 1	<i>K'hilah</i> : The Jewish Community
Lesson 3	K'vod HaMet: Showing Honor to the Dead
Lesson 4	Conversion: Becoming Part of the Jewish Community
Lesson 6	Justice in the Community
Lesson 7	<i>Tzedakah</i> Session 1: How to Choose Where To Give
Lesson 8	<i>Tzedakah</i> Session 2: Avoiding Embarrassment
Lesson 9	Speaking Out and Speaking Up

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Level 6 Priority Lessons – Torah

Lesson 2	<i>M'gillat Rut</i> / The Book of Ruth: Mining the Text for Meaning
Lesson 3	<i>M'gillat Rut</i> / The Book of Ruth: Finding God in Moab and Canaan
Lesson 4	Introduction to Wisdom Literature
Lesson 5	<i>Mishlei</i> / Proverbs: Wise Words for All
Lesson 6	<i>Kohelet</i> : Wise Man or Cynic?
Lesson 7	<i>T'hillim</i> / Psalms Session: Alef: Poetry and Liturgy
Lesson 8	<i>T'hillim</i> / Psalms Session Bet: Images of God

Level 6 Priority Lessons – Avodah

Lesson 1	Standing at Sinai: My Role in Revelation
Lesson 2	The Torah Service as Public Reading
Lesson 5	Choreography and Etiquette of the Torah Service
Lesson 6	The Blessing of Torah
Lesson 7	What is the <i>Haftarah</i> ?
Lesson 8	The Role of <i>Sh'liach Tzibur</i>
Lesson 9	My Communal Role in Revelation: Entering the Covenant as a Jewish Adult



Level 6 Priority Lessons – G'milut Chasadim

- Lesson 1 Finding God in Our World Through Acts of *G'milut Chasadim*
- Lesson 3 *Bal Tashchit*: Recycling and Conserving Energy
- Lesson 5 World Health Issues
- Lesson 6 Peace
- Lesson 7 World Hunger
- Lesson 8 Jews and the Struggle for Civil Rights
- Lesson 9 *Hineini*: Embracing Our People Around the World

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Level 7 Priority Lessons - Torah

- Lesson 1 *Lech L'cha*: The Journeys We Take
- Lesson 2 Cain and Abel Family Relationships
- Lesson 3 *Akedat Yitzchak* / The Binding of Issac: Honoring, Not Necessarily Obeying Parents
- Lesson 5 Rebekah: Tough Choices
- Lesson 6 God and Abraham: A Relationship Like No Other
- Lesson 8 Jacob and the *Ish* / Being: Struggling to Change (Lesson Bet)
- Lesson 9 Our Lessons for *B'reishit* / Genesis

Level 7 Priority Lessons – Avodah

- Lesson 2 *B'nei Mitzvah* and Marriage: Responsibility and Relationships
- Lesson 3 Birth and Death: Teach Us to Number Our Days
- Lesson 5 *Pesach* – Questions: Then and Now
- Lesson 6 Chanukah and Purim: Do You Believe in Miracles (and Boundaries)?
- Lesson 7 My Jewish Identity: *Elu D'varim* – What Must I Do?
- Lesson 8 My Jewish Identity: *Sh'ma* – What Do I Believe?



Lesson 9 My Jewish Identity: *Hineini*

Level 7 Priority Lessons – G’milut Chasadim

- Lesson 1 Time for a Checkup
- Lesson 4 Stop the Bullying NOW (*Lo Ta’amod al Dam*)
- Lesson 5 Keep Your Cool: Being Slow to Anger (*Erech Apayim*)
- Lesson 6 What’s With the Attitude? Have a Pleasant Demeanor (*Seiver Panim Yafot*)
- Lesson 7 Courage! (*Ometz Lev*)
- Lesson 8 Living Generously (*N’divot*)
- Lesson 9 *Hineini* – Here I Am Ready to Act!