

# QUESTIONS FOR YOM KIPPUR

ADAPTED FROM MASA LEADERSHIP & IMPACT CENTER

- Which is more difficult, asking forgiveness from another person or asking forgiveness from God? Why?
- Are there types of saying sorry? Which? What are the differences between those types of forgiveness?
- When is it easy to apologize? When is it hard? When is it impossible?
- Does the person I am apologizing for affect my apology? Why?
- How do I apologize to my friends? To my family? To my commUNITY?



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## BASED ON THE TEACHINGS AND WRITINGS OF RABBI LORD JONATHAN SACKS Z"TL

1. Who am I?
2. Why am I here?
3. How shall I live?
4. How have I lived until now?
5. How have I used God's greatest gift: time?
6. Whom have I wronged and how can I make it right?
7. Where have I failed and how shall I overcome my failures?
8. What is broken in my life and needs mending?
9. What chapter will I write in the Book of Life?
10. Aren't these questions we should be asking ourselves every day?



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**BASED ON EXPLORING SOCIAL CONNECTEDNESS AND MENTAL WELLNESS FROM THE BLUE DOVE FOUNDATION**

1. What type of connection is most meaningful and fulfilling for you?
2. Are you getting what you need from your social connections right now?
3. Are there things you can adjust to better meet your needs?
4. How can you express to others what your needs are?

