



# MEAL 1: THE GIVING OF THE TORAH

1. What does it mean to you to “receive the Torah” today?
2. If you were at Mount Sinai, what do you imagine the experience would have felt like—emotionally, spiritually or physically?
3. What is one mitzvah or Jewish value you find especially meaningful and why?
4. Can you think of a time when Torah wisdom helped guide you in a decision?
5. What does it mean to be part of a commUNITY that stood together at Sinai?





# **MEAL 2: TRADITION & REVELATION**

- 1. What is a Jewish tradition that you cherish and where did you learn it?**
- 2. How do you feel Judaism balances tradition with modern life?**
- 3. What is something new you've learned recently that felt like a personal "revelation"?**
- 4. How do you pass Torah values to future generations—whether children, students or friends?**
- 5. If you could study one part of Torah or Jewish learning more deeply, what would it be and why?**





# MEAL 3: GROWTH & COMMITMENT

1. What does personal growth mean to you and how do you measure it?
2. What's one small step you can take today to deepen your Jewish life?
3. What's a commitment you've made that has had a lasting impact on your life or others?
4. What Jewish value do you think the world most needs right now?
5. How can we use the lessons of Shavuot to bring more active kindness and empathy into our daily lives?





# **MEAL 4: TRADITION & REVELATION**

- 1. Who is a teacher—formal or informal—who changed your life? What did they teach you?**
- 2. Shavuot is linked to gratitude for the harvest. What are you most grateful for this year?**
- 3. What's a "spiritual harvest" you've reaped recently—a result of effort, patience or care?**
- 4. What does "hearing the voice of God" mean to you today—in your own life or actions?**
- 5. How can we bring Sinai into our homes and hearts—not just on Shavuot, but daily?**