

MAXIMIZE Tisha B'Av

PREPARE FOR THE FAST

Before Eating and Drinking:

*Have in Mind
The Mitzvos of:*

- T**ake care of yourself [VENishmartem]
- L**oving Hashem with your physicality
- C**hesed to yourself [Soul caring for the body]
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- K**nowing Hashem in all your ways

Think & Feel:

While Eating and Drinking:

“Hashem that the reason I am eating and drinking now is because I love You and I want to have the strength to mourn the Churban”

OBSERVING THE AFFLICTIONS

Before starting the fasting and the other 4 afflictions:

Have in Mind: The Mitzvah MDrive Kabbalah to fast and afflict oneself on Tisha B'Av

While fasting and observing the other 4 afflictions:

Think and feel:

- “Hashem, may the pain of these afflictions express my broken heart over the absence of Your Home on earth the Beis HaMikdash and the world not adequately reflection Your Glory”
- As a member of this generation which failed to rebuild the Beis HaMikdash may our suffering serve as an atonement and an impetus to do Teshuva in general and for persisting in Sinas Chinam and Loshon Hara

MOURNING AND RECITING KINNOs

Before starting Kinnos and observing the increased laws of mourning:

Have in mind: The Mitzvah MDivrei Kabbalah to observe the minhagim of reciting Kinnos and mourning on Tisha B'Av

While reciting the Kinnos and observing the increased laws of mourning:

Think and feel:

“Hashem as I read and reflect on the suffering describe in the Kinnos my heart is pained over the agony over my soul, the spiritual plight of the Jewish people, and the anguish of the Shechina”

AFTER TISHA B'AV

Appreciate Your Accomplishment

Appreciate that you stopped and performed these Mitzvos with intention and focus.
Appreciate that you've enhanced your relationship with Hashem.

Appreciate that you extraordinarily enhanced your eternal reward.
Appreciate that you grew in your personal development.