

## Worksheet J: On One Foot

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The *Talmud* (Shabbat 31a) includes the following story:

“A non-Jewish man once came to the great Rabbi Hillel. The man told the rabbi he would convert to Judaism if Hillel could explain to him all of Judaism’s teachings while standing on one foot [in other words, in a short amount of time]. Hillel said, ‘That which is hateful to you, do not do to your neighbor. This is the whole of the *Torah*; the rest is commentary. Now go and study it.’”

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1. Do you agree with Hillel’s understanding that this is the essence of being Jewish? Why or why not?

2. What is the essence of being Jewish for you?