**Peulat Shabbat Matot**

**Last Shabbat of Machzor Rishon**

**Parshat Matot (read this to your group before you start the trust walk):** A part of the parsha is about “cheder,” which means to make a strong promise, like a covenant. Furthermore, Reuben and Gad (from the 13 tribes) wanted land on the east side of the Jordan river, so Moses told them they can have the land only if they participate in taking it. Essentially, before leaving for Israel, Reuben and Gad had to actively partake in something.

**Activity:** Start with a trust walk where two people will lead their group through a maze of pieces of paper that read different actions. When they complete this, they will get a spot on the Migrash to have a discussion. The trust walk is connected to the part of the parshah about cheder, or the promise, which at its core is all about trust. Without trust, you can’t make a promise.

**Discussion questions:**  For this part of the peulah, we’ll be making our own “chederim.” These promises are equivalent to Reuben and Gad’s actions before they left for Israel. Before we leave camp or machzor rishon, what are we going to promise?

Ask each question and each chanich will share (go around in a circle):

1. What is a promise? How do you keep them?
2. What is trust? How do you build trust?
3. Why is trust an important value?
4. What has been your favorite moment during this machzor?
5. What is one thing you want to do before the end of machzor rishon?
6. What is a promise you can make to the edah before you leave camp this kayitz?
7. What is a promise you can make to the edah that will last throughout the year until next kayitz?
8. What do you promise to yourself before you leave camp?
9. What do you promise to yourself that you will carry with you throughout the year until next kayitz?