

Option 4 – Judaism

Ten Commandments	ten duties given by God to Moses which form the basis of Jewish belief
Shekinhah	the place where God's presence rests and can be felt
Shema	a prayer declaring Jewish faith that is said by many Jews twice a day. The Shema is placed in the Mezuzah case and tefillin
Pikuach Nefesh	the obligation to save life whenever possible. For example giving medical treatment on Shabbat
Torah	the five books of Moses (Genesis, Exodus, Leviticus, Numbers and Deuteronomy). Regarded as the holiest books of the Tenakh
Mizvot	the term has a mix of meanings. It is often used to refer to duties (such as the 613 in the Torah) and good deeds
Messiah	the anointed one who Jews believe will bring in a new era or age for humankind. This will include rebuilding the Temple and bringing in an age of universal peace.
Covenant	a promise or agreement between two parties. Covenants were made between God with Noah, Abraham and Moses