

# 3. Kashrus

- (1) Kashrus in the Source of the Food.
- (2) Kashrus in the Growth of the Food.
- (3) Kashrus in the Preparation of the Food.
- (4) Kashrus in the Vessels We Use.
- (5) Decrees of the Sages.
- (6) Shabbos and Yom Tov.

## Introduction

“For I am the Lord your God; sanctify yourselves and be holy, for I am Holy.”<sup>28</sup> Make yourself holy in this world and I will make you holy in the World to Come.<sup>29</sup>

This is the foundation of the laws of kashrus, to achieve a level of holiness.

Furthermore, one who is careful regarding kashrus will merit Divine assistance to elevate himself further, as it is written: “One who sanctifies himself a little, the heavenly powers sanctify him a lot” (Talmud: *Yuma* 39a).

Kashrus also gives one the opportunity to come close to Hashem as it is written, “In all your ways know Him.”<sup>30</sup>

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28. Vayikra 11:44.

29. Vayikra 11:44 (*Rashi*).