

WOMEN: COMMANDMENTS (MITZVOT)

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT)

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): EXEMPTIONS

Women: Exemption from Time-Dependent Positive Commandments

Women and girls are generally exempt from time-dependent positive commandments (mitzvot), but they may perform these voluntary mitzvot and if they do, they do say the relevant blessings:

- Lulav
- Sukka
- Saying the full shema.

Women and girls may NOT do these time-dependent positive commandments (mitzvot):

- Kiddush levana
- Tefilin
- Tzitzit.

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): OBLIGATIONS

Women: Time-Based Positive Mitzva Obligations

Although women and girls are generally exempt from time-dependent positive commandments (mitzvot), they may do some mitzvot for which they are not obligated and it is considered to be virtuous behavior for which they will get a reward. They may say the blessings before each mitzva.

1. These are voluntary mitzvot that women may do:

- Lulav
- Sukka
- Saying the full shema.

2. Women and girls MAY NOT wear tefilin.

3. Women traditionally do not:

- Say tachanun.
- Wear talit or tzitzit (talit katan).
- Study gemara.
- Say kiddush levana or birkat ha'chama.

But these are not forbidden.

Women: Time-Based Positive Commandments/Mitzvot: Obligations

In addition to prayer obligations (see [Women: Minimal Prayer](#)), women and girls 12 years old and up are required to keep these time-dependent positive commandments, among others:

- Candle-lighting for Chanuka (see [Chanuka: Candles: Who Should Light](#))

- Candle-lighting for [Shabbat](#), [Jewish festivals](#), [Rosh Hashana](#), and [Yom Kippur](#).
- [Havdala](#) (say or hear) after [Shabbat](#), [Jewish festivals](#), [Rosh Hashana](#), and [Yom Kippur](#).
- [Kiddush](#) (say or hear) on the first night (or first two nights outside [Eretz Yisrael](#)) of every [Jewish festival](#), and also the next morning.
- [Passover](#) (all commandments, including eating [matza](#) at the [Passover seder](#)).

NOTE Because she must eat [matza](#), she must therefore say [birkat ha'mazon](#) afterward (so if a woman omits [ya'ale v'yavo](#) in [birkat ha'mazon](#) at the [seder](#), she must repeat [birkat ha'mazon](#)!).

- [Megila](#) on [Purim](#).
- [Shabbat](#) (For why women must keep time-dependent, positive commandments on [Shabbat](#), see [Introduction to Shabbat](#))
- [Shofar](#) on [Rosh Hashana](#).

NOTE Jewish women universally accepted upon themselves to hear [shofar](#) on [Rosh Hashana](#), but they only need to hear 30 blasts.

- Hearing the reading of Parashat [Zachor](#).

Women: [Mayim Achronim](#)

See [Birkat HaMazon: Mayim Achronim](#).