

194 PROHIBATIVE MITZVOS WHICH CAN BE OBSERVED TODAY

Based on the Rambam and the Chofetz Chaim - Compiled by Rabbi Yonah Bookstein

This is a summary of the Prohibitive Commandmentsⁱ, also known as Negative Mitzvot. The Torah's Mitzvos have many components. If there is a mitzvah you do not see, it is probably included as a component of a more general mitzvah, or one of the positive mitzvos.

1. Do not eat the sinew of the thigh-vein
2. Do not see *chametz* in the domain or possession of a Jew, for the entire seven days of Pesach.
3. Do not find *chametz* in a Jew's possession on Pesach
4. Do not eat *chametz* on Pesach.
5. Do not eat chametz in a mixture
6. Do not do any work on Shabbos.
7. Do not go out beyond the *t'chum* on Shabbos.
8. Do not contemplate that there is any other G-d.
9. Do not make an idol to worship.
10. Do not make an idol for gentiles to worship.
11. Do not bow down to an idol.
12. Do not imitate idol worship.
13. Do not make an oath in the name of an idol.
14. Do not lead a town in Israel astray to idol worship.
15. Do not eat or drink from idolatrous offerings.
16. Do not be attentive to idolatry or idolaters.
17. Do not benefit from idol adornments.
18. Do not benefit from idols and their attendants.
19. Do not marry a non-Jew.
20. Do not have mercy on idolaters.
21. Do not emulate the fashion of gentiles.
22. Do not listen to idolatrous prophets.
23. Do not lure a Jew to idolatry
24. Do not bear affection for one who lures Jews to idolatry.
25. Do not relinquish hatred for recruiters to idolatry.
26. Do not rescue recruiters to idolatry.
27. Do not prophesize in the name of idolatry.
28. Do not gash or cut one's flesh in grief or idolatry.
29. Do not swear in vain.
30. Do not swear falsely in monetary disputes.
31. Do not swear a false oath of expression of intent.
32. Do not kill a human being.
33. Do not kidnap another Jew.
34. Do not steal any object or money.
35. Do not rob a person forcefully.
36. Do not falsely deny anything owed.

37. Do not wrongfully retain another's possessions.
38. Do not delay payment of wages.
39. Do not give false testimony.
40. Do not covet what is not yours, to acquire it.
41. Do not desire what is not yours.
42. Do not withhold *sh'er*, *k'suth*, or *onah* from one's wife.ⁱⁱ
43. Do not strike another Jew.
44. Do not strike your mother or father.
45. Do not curse another Jew.
46. Do not curse your mother or father.
47. Do not cheat in buying and selling.
48. Do not verbally abuse (recalling another's sins.)
49. Do not verbally abuse a righteous-convert.
50. Do not cheat a righteous-convert.
51. Do not cause suffering to the widow or orphan.
52. Do not demand repayment if they cannot repay.
53. Do not be a party to interest bearing transactions.
54. Do not lend to a Jew with any type of interest.
55. Do not borrow at interest from a Jew.
56. Do not refrain from lending money to Jew.ⁱⁱⁱ
57. Do not demand repayment of a loan after *shmitah*.
58. Do not take in pledge something needed for cooking.
59. Do not take in pledge by force from a debtor.
60. Do not take in pledge a garment from a widow.
61. Do not withhold a pledge when the owner needs it.
62. Do not harden your heart or shut your hand to another Jew.
63. Do not curse a judge.
64. Do not appoint an unsuitable judge.
65. Do not accept nor relate slander or one-sided testimony.
66. Do not pity a poor man in trial.
67. Do not, as Judge, be influenced by the sinful acts of the accused.
68. Do not, as Judge, subvert justice for a convert or orphan.
69. Do not, as Judge, commit injustice in judgement.
70. Do not, as Judge, favor the eminent in judgement.
71. Do not, as Judge, accept a bribe.
72. Do not, as Judge, fear the litigants.
73. Do not establish fact on the basis of one witness.
74. Do not accept a relative's testimony in court.
75. Do not accept a sinner's testimony in court.
76. Do not cause another to stumble or err.
77. Do not relate to another what his accusers say.
78. Do not hate another Jew in your heart.
79. Do not shame anyone.
80. Do not take revenge.

81. Do not bear a grudge.
82. Do not keep from rescuing another from danger.
83. Do not cheat with measures or weights.
84. Do not own faulty weights or measures.
85. Do not breach your neighbor's boundaries.
86. Do not eat *neveila*.^{iv}
87. Do not eat *treifah*.^v
88. Do not eat forbidden fat.
89. Do not eat any blood.
90. Do not eat a limb from a living animal.
91. Do not cook meat in milk.
92. Do not eat meat that was cooked in milk.
93. Do not eat meat or milk from non-kosher domestic or wild animals.^{vi}
94. Do not eat non-kosher fowl.^{vii}
95. Do not eat non-kosher fish.^{viii}
96. Do not eat winged insects.
97. Do not eat crawling insects.
98. Do not eat fruit or vegetable worms.
99. Do not eat seafood and aquatic reptiles.
100. Do not eat *romes*, a crawling thing.
101. Do not eat bread from the new grain before the *omer*.^{ix}
102. Do not eat roasted new grain before the *omer*.
103. Do not eat crushed new grain before the *omer*.
104. Do not eat *chametz* in the afternoon before Pesach.
105. Do not eat *orlah* fruit.^x
106. Do not eat food of a wayward son.^{xi}
107. Do not plant two types of seed together.
108. Do not *shecht* an animal and its offspring on the same day.
109. Do not redeem firstling of a kosher animal.
110. Do not approach intimacy with forbidden relations.
111. Do not uncover your father's nakedness.
112. Do not be intimate with your mother.
113. Do not be intimate with your father's wife.
114. Do not be intimate with your brother.
115. Do not be intimate with your daughter-in-law.
116. Do not be intimate with a man.
117. Do not, as a man, be intimate with an animal.
118. Do not, as a woman, be intimate with an animal.
119. Do not be intimate with grandchildren.
120. Do not be intimate with one's daughter.
121. Do not be intimate with a woman and her daughter.
122. Do not be intimate with a woman and her son's daughter.
123. Do not be intimate with a woman and her daughter's daughter.
124. Do not be intimate with a married woman.

125. Do not be intimate with your father's sister-in-law.
126. Do not ever be intimate with a sibling's spouse.
127. Do not be intimate with a sibling, or half-sibling.
128. Do not be intimate with your step-mother's daughter.
129. Do not be intimate with your father's sister.
130. Do not be intimate with your mother's sister.
131. Do not be intimate with your wife's sister in your wife's lifetime.
132. Do not be intimate with a *nida*.
133. Do not be intimate with a harlot, without *kiddushin*.
134. Do not remarry one's divorced wife if she remarried another man.
135. Do not, as a childless widow, marry an outsider.^{xii}
136. Do not marry a man who's privates were severed or crushed
137. Do not marry a *mamzer*.^{xiii}
138. Do not marry a Kohen to a *zona*.^{xiv}
139. Do not marry a Kohen to a profaned woman.^{xv}
140. Do not marry a Kohen to a divorced woman.
141. Do not, as a Kohen, become ritually impure through human remains.
142. Do not mate one species of animal with another.
143. Do not sterilize a man or male animal.
144. Do not make graven human images, even for ornamentation.
145. Do not replicate the Oil of Anointing.
146. Do not replicate the Incense of the Sanctuary.
147. Do not work on the first day of Pesach.^{xvi}
148. Do not work on the seventh day of Pesach.
149. Do not work on the Festival of Shavuuous.
150. Do not work on Rosh Hashanah.
151. Do not work on Yom Kippur.
152. Do not eat or drink on Yom Kippur.
153. Do not work on the first day of Sukkos.
154. Do not work on Shmini Atzeres.
155. Do not do anything leading to a desecration of hashem's name.
156. Do not follow your heart to heresy or your eyes to immorality.
157. Do not destroy the Holy or erase Hashem's Name.
158. Do not deviate from the rabbinical decrees.
159. Do not add to the *mitzvos* of the Torah.
160. Do not detract from the *mitzvos* of the Torah.
161. Do not make a paving stone for genuflection.
162. Do not erect a pillar for worship.
163. Do not tattoo your skin in any way.
164. Do not tear out your hair over the dead.
165. Do not practice augury, interpretation of omens.
166. Do not practice or use fortune telling, conjuring, or soothsaying.
167. Do not practice divination.
168. Do not practice sorcery.

169. Do not cast charms or spells.
170. Do not act as a medium.
171. Do not act as a wizard.
172. Do not seek information from a medium.
173. Do not seek information from a wizard.
174. Do not seek information from the dead.
175. Do not falsely prophesize in the name of Hashem.
176. Do not shave the hair over the temples.
177. Do not shave your beard with a razor.
178. Do not, as a woman, dress in men's clothing.
179. Do not, as a man, dress in women's clothing.
180. Do not plow using an ox and donkey together.
181. Do not wear a garment of linen and wool.
182. Do not ignore a fellow Jew's lost object.
183. Do not neglect to unload an overburdened animal.
184. Do not fail to keep a promise.
185. Do not delay one's promised or voluntary gift.
186. Do not eat from fields you are working till day's end.
187. Do not take from fields you are working.
188. Do not neglect to prevent an animal eating while working.
189. Do not take a mother bird and her young.
190. Do not leave any hazard in one's house.
191. Do not destroy fruit bearing trees during a siege.
192. Do not settle in Egypt.
193. Do not enter the Temple Mount ritually impure.
194. Do not forget Amalek's affliction of Israel.

^o Applies to men but not to women.

ⁱ Outside of the Land of Israel.

ⁱⁱ Obligations from the *kesuba* to clothe, feed, and provide conjugal relations to one's wife.

ⁱⁱⁱ For fear that the loan will be cancelled by the *shmitah* year release.

^{iv} Domestic or wild kosher animal or fowl that died of natural causes or improper *shchitah*.

^v Animal torn by a wild beast, dead or dying. Animals damaged, defective, or ill.

^{vi} Animal which does not chew cud or have split hoofs.

^{vii} Also prohibits their eggs.

^{viii} Lacking fins and scales.

^{ix} From the five species of grain (wheat, spelt, barley, rye, oats) from the 16th of Nissan.

^x Fruit from first three years after planting in Eretz Yisrael. In Diaspora, doubtful *orlah* is permitted.

^{xi} Included is prohibition of eating before praying.

^{xii} She must marry her brother-in-law, or perform *chalitzah*.

^{xiii} Child of an incest relationship.

^{xiv} A non-Jew, or a Jewish woman who was intimate, willingly or unwillingly, with someone she is forbidden to marry.

^{xv} A woman forbidden who was intimate with a Kohen, or born to a woman forbidden to a Kohen.

^{xvi} The forbidden work as during Shabbos, with some exceptions. For example: carrying for a need, cooking, and transferring fire.