

# TZITZIT: KISSING

## Tzitzit: Kissing: Morning Shema

When saying morning shema, kiss the tzitzit when saying the words:

- “tzitzit” in the shema, and
- “emet” and “la'ad” in paragraph following the shema.

These are non-binding customs, not halacha.

## Tzitzit: Kissing: Night Shema

Don't kiss tzitzit when saying the shema at night.