

# Mussar on Four cups

Contributed by [Marcia Plumb](#)

Source:

## *Kadesh*

Kadesh reminds us that the root of Mussar is 'Kedoshim Tihyu', You shall be holy. Our goal is to be holy human beings. Mussar, and the four cups of wine, the Kadesh, reminds us to work on our middot, so that every encounter is holy. We recite the Kadesh four times throughout the seder as if it is a focus phrase, to remind us 'Be Holy', 'Act Holy', 'See Yourself as Holy', and 'Holiness will Free Us.'

Rabbi Marcia Plumb