XVII. Know that the highest virtues have been transmitted through the positive commandments, such as the virtue of free-choice, as it is said, “Therefore choose life” (Deuteronomy 30:19); the virtues of learning Torah, as it is said, “And thou shalt talk in them” (ibid. 6:7); the virtues of walking in the ways of God, as it is said, “And walk in His ways” (ibid. 28:9); the virtues of perfection of trust, as it is said, “Perfect shalt thou be with the Lord thy God” (ibid. 18:13); the virtues of reflecting upon the greatness of God, as it is said, “Know this day, and lay it to thy heart, that the Lord, He is God” (ibid. 4:39) and, in the words of David, “The Lord looked forth from heaven upon the chil ren of men, to see if there were any man of understanding that did seek after God” (Psalms 14:2); the virtues of remembering His kindnesses and thinking upon them, as it is said, “And thou shalt remember all the way” (Deuteronomy 8:2) and, “And thou shalt consider in thy heart, that as a man chasteneth his son, so the Lord thy God chasteneth thee” (ibid. 5) and, in the words of David, “And let them consider the mercies of the Lord” (Psalms 107:43) and, “For Thy