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Hayom Yom: 21 Adar I

שֵׁם חָסִיד הוּא שֵׁם קָדוּם הַנִּמְצָא בְּדִבְרֵי רַבּּוֹתֵינוּ זִכְרוֹנָם לִבְּרָכָה נַּם עַל אָדָם הָרָאשׁוֹן (עֵרוּבִין יח בּ), וְהוּא תּוֹאַר הָסִיד הוּא, מִי הַשְּׁלֵמוּת וְהַהַפְּלָנָה אִם בְּשֵׂכֶל אוֹ בְּמִדּוֹת אוֹ בִּשְׁנֵיהֶם יַחְדָּיוּ. אָמְנָם בְּתוֹרַת חֲסִידוּת חַבַּ"ד תּוֹאַר חָסִיד הוּא, מִי שָׁמַכִּיר מְהוּתוֹ הָעַצְמִי וּמַעֲמָדוֹ בִּיִדִיעַת הַתּוֹרָה וְלִמוּדָהּ וּמַצָּבוֹ בְּקִיוּם הַמִּצְוֹת. יוֹדֵעַ הוּא מַה שֶׁחָסֵר לוֹ וְנוֹתֵן לֵב עִּפְּלַת עוֹל.

The title "chassid" is an ancient term found in the words of our Sages (Eruvin 18b), and refers even to Adam, the first man. It denotes a person of perfection and distinction in his intellectual attainments or in his character attributes, or in both these qualities combined.

Within the teachings of Chabad Chassidus, the description "chassid" refers to one who recognizes his essential nature, his level of Torah knowledge and study, and his status in the observance of the mitzvos. He knows what he is lacking and shows attention and concern to fulfill it. And he shows great discipline in yoking himself [to his mission].1