

# Do You Daven As If Your Life Depends On It? It Does.

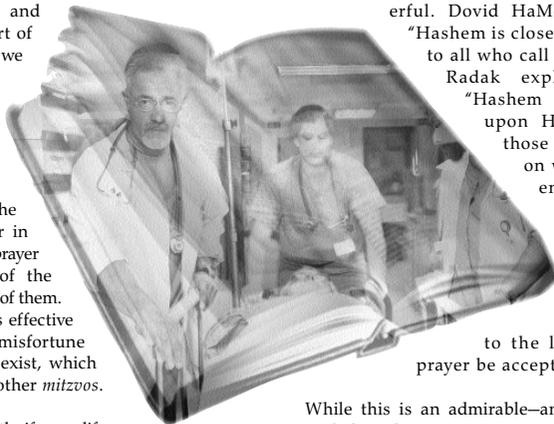
We are living in frightening times. The future of Klal Yisrael and the world sways precariously at the edge of a fate fraught with unimaginable loss, pain and suffering. But by unleashing the incredible power of our *tefilos*, we can turn this *eis tsora* into an *eis ratzon*.

## The Power of Prayer

**P**rayer. It's something we do three times a day, every day. We do it before work, during our busy day and before we retire. It is part of our routine. And yet if we do it routinely, we risk compromising the awesome power it holds to reach Shomayim and impact the world.

The Sefer Halkrim puts the unusual power of prayer in perspective: Even though prayer is one of the *mitzvos* of the Torah, it is greater than all of them. For we find that prayer is effective to save a person from all misfortune and affliction that may exist, which we do not find with the other *mitzvos*.

Would you daven differently if your life, or that of a loved one, depended on your sincerity, your concentration, your devotion? Would the quality of your *tefilos* change if you knew that, say, the fate of klal Yisrael rested on it?



## Kavana Campaign

A prayer uttered with *kavana* is the quality prayer which Hashem answers, and can be so potent and powerful. Dovid HaMelech wrote in Tehillim, "Hashem is close to all who call upon Him, to all who call upon Him sincerely". The Radak explains that the phrase "Hashem is close to all who call upon Him sincerely," refers to those who properly concentrate on what they say during davening. They call Hashem with *אמת*, sincerely, because they say what they are thinking at the time they pray. Says the Sefer Avudraham: "Know, that according to the level of concentration will prayer be accepted".

While this is an admirable—and doable—goal, it is easier said than done. It requires **commitment, motivation and strategy**. In the weeks leading up to the Yomim Noraim, we hope to provide you with suggestions and strategies for improving your *kavana*.

## Suggestions for Improving Kavana

First and foremost, you have to make some kind of an effort, and Hashem will help with the rest.

### #1 Prepare Yourself Before Davening—It's Crucial

Come on time and settle down. Stop and think about what you can accomplish with your prayers. Prior to davening, think what you need and how Hashem can bless you with it.

### #2 Internalize That You Are Standing Before Hashem

As often as you can (preferably, at least before the end of each *b'racha*), visualize yourself thanking Hashem and asking for His compassion and mercy. Rejoice that you are supplicating before the only One who can really help you.

### #3 Personalize Your Prayers Making Them More Relevant

Pray with *kavana* to Hashem to maintain your security, health, sustenance, shalom, *ruchnius*, etc. Hashem is the only One who can really grant your personal requests and fulfill your needs.

Sponsored by V'Ani Tefilah, a project of Hakhel. Our mission is to increase awareness of the importance and power of prayer and to provide education, inspiration and tools for more sincere, powerful and effective *tefilah*.

For more information or additional materials on *tefilah* strategies (including tapes), please call Hakhel at (718) 258-2210 or (718) 253-5497