

חדש תשרי

תפילה – PRAYER

Recommendations to acquire this מדה (character trait) and make it a part of your life:

Several of the Suggestions mentioned below were taken from **Praying With Fire** by Rabbi Heshy Kleinman (NY: Artscroll-Mesorah)

- Before you begin to daven, take just a few minutes to clear your mind of distractions.
- Focus on the fact that you are about to stand before ד' (G-d). Create an actual mental picture for yourself.
- Pause before every ברכה (blessing) and glance at the header of the ברכה.
- Talk to ד' all day. Throughout your day to day tasks, talk to Him. When you get into the car, daven for a safe trip. [i.e., לישועתך, קויתי ד' (for your salvation, I hope...)]
- Try to say your ברכות slowly and if possible out loud. [i.e., on food, אשר יצר (blessing following the restroom)]
- Memorize a פרק (chapter) or two of תהלים (Psalms) to be able to say when appropriate [i.e., פרק ק"ל (Chapter 130) when in need, or פרק ק' (Chapter 100) to express thanks.]
- Try to always daven from a סדור (prayer-book), even if you know the תפילה (prayer) by heart (i.e., ברכת המזון, Grace after Meals).

Practical Applications

מורשת אביבה
MORSHES AVIVA