

# \* תפילת שמונה עשרה \*

**THIS CHECKLIST ENABLES YOU TO TEST YOURSELF IF YOU REALLY HAVE THESE SIMPLE KAVANOS (THOUGHTS)?**  
 (On a scale of one-to-ten rate the intensity of your concentration and divide that total into 200 for your average.)

## PRAISES :

- 1)  Hashem loves our Avos, and us and He protected them; in their merit, He will save us!
- 2)  Hashem is the Gracious Life Giver everyday, and He will ultimately revive Am Yisroel!
- 3)  Hashem Is Absolutely Holy and Spiritual, and Am Yisroel with the angels praise Him so!

## REQUESTS :

- 4)  Make us smarter, wiser, more knowledgeable and understanding!
- 5)  Bring us closer to Your Torah, through its learning and practice!
- 6)  Forgive us for our various types of sins towards You and our fellow Jew!
- 7)  Save us from trouble, suffering, harm, threat and dangerous situations!
- 8)  Cure those Jews that are ill and make them well with a Refuah Sheleimah!
- 9)  Bless us with financial stability and success through our business and work!
- 10)  Gather us back to our homeland - the Holy Land of Eretz Yisroel!
- 11)  Return our former righteous judges and leaders to guide us under Your rule!
- 12)  Destroy our enemies with total revenge, and annihilate the wicked terrorists!
- 13)  Bless the righteous and include us with the righteous for mercy and reward!
- 14)  Re-establish Yerushalayim to its original glory and splendor and dwell therein!
- 15)  Rush the Moshiach ben Dovid Hamelech to our rescue and salvation!
- 16)  Accept our prayers and our cries, and grant us great mercy and compassion!

## THANKS :

- 17)  Please find favor in our service, and reinstate the Avodas Beis Hamikdash in our time!
- 18)  Accept our sincere thanks for everything; and may everyone constantly praise You!
- 19)  Grant us peace, goodness, blessing, life of grace, kindness, mercy, and national security!
- 20)  Guard my tongue...[add your own personal techinōs that you compose]...

What's your score? \_\_\_\_\_

IF YOU DISCOVER THAT YOU DON'T THINK THESE THOUGHTS,  
 TRY WRITING NOTES IN YOUR SIDDUR OR A POCKET PHOTO ALBUM UNTIL KAVANAH BECOMES NATURAL!

*We thank Torah U'mesorah for the opportunity to show the Shemoneh-Esrei Slide Presentation of Rabbi Maimon Elbaz, to maximize our daily Tefillos. Tizku l'mitzvos!*

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— 835 ט"ו תמוז ה'תשס"ג —