

The Art and the Act of Prayer

<u>Wow!</u> שבח - Praise הלל - Hallel	<u>Gimmie</u> בקשות - Requests טל - Dew	<u>Thanks</u> הודאות - Thanks ברכת המזון – Birkat Hamazon	<u>Oops</u> סליחות – Selichot סדר תשליך - Tashlich
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**Anne Lamott, *Help, Thanks, Wow: The Three Essential Prayers***

“My three prayers are variations on Help, Thanks, Wow. That’s all I ever need, besides the silence, the pain, and the pause sufficient for me to stop, close my eyes, and turn inward.”

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**Two from A.J. Heschel – *Man’s Quest for G-d:***

“To pray is to become a ladder in which thoughts mount to G-d, to join the movement to Him which surges throughout the entire universe.”

“Great is the power of prayer. For to worship is to expand the presence of G-d in the world. G-d is transcendent, but our worship makes Him immanent.”

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**Two from Rabbi Jonathan Sacks – Introduction to *The Koren Siddur***

“G-d’s blessings flow continuously, but unless we make ourselves into a vessel for them, they will flow elsewhere. *Prayer is the act of turning ourselves into a vehicle for the Divine.*”

“Prayer requires practice. This is implicit in defining prayer as *avoda shebalev*, ‘service of the heart.’ The word *avoda*, service, also means hard work, labor, strenuous activity. We have to work at prayer. But there are also times when the most inarticulate prayer, said from the heart, pierces the heavens.”

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**Two from Rabbi Zalman Schachter-Shalomi, *Davening: A Guide to Meaningful Prayer***

“Our souls accept only one outcome when it comes to prayer: transformation... we want to be changed.” He lists five phases of prayer: gratitude, song, knowledge, petition and descent.

“Place yourself in the presence of G-d.”

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**Two from Rabbi Samuel Dresner – *Prayer, Humility and Compassion***

“It is the loss of the sense of wonder in our own time that has impoverished our ability to pray.”

“Prayer removes us from the market place and the counting-chamber to heal us, to wash us clean, to purify us, to strengthen us, to remind us of what we have forgotten, to let our souls touch the Source of all souls, and then to send us back to the crossroads of life...”

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**R' Joseph Albo, *Sefer Halkkarim Ch. 18***

“Influence comes down from above when the recipient is in a certain degree and state of preparation to receive them. And if a person does not prepare himself he withholds the good from himself.”

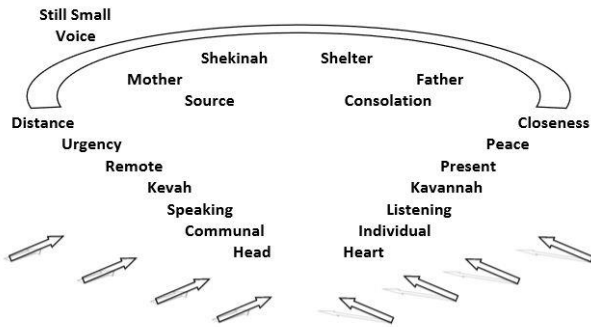
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**Deuteronomy, 4:39**

יודעת היום והשבת אל-לבבך כי יהוה הוא האלהים בשמים ממעל ועל-הארץ מתחת אין עוד:  
“Know this day, and lay it to heart, G-d is G-d everywhere, in heaven above and upon the earth below: there is none else.”

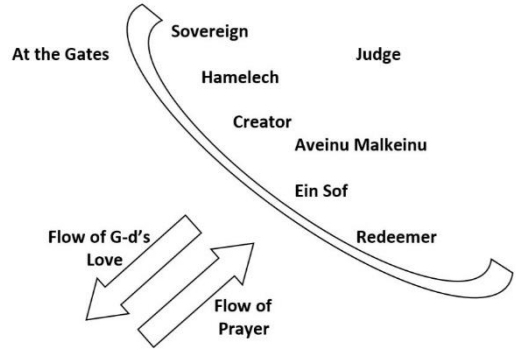
Two Models of Prayer

**“Holy, Holy, Holy, Adonai of hosts,  
...the whole world is full of G-d’s glory.”**



קדוש קדוש קדוש ה' צבאות מלא כל הארץ כבודו  
Kadosh Kadosh Kadosh Adonai Tz'vaot  
M'lo Khol Ha'aretz K'vodo (Isaiah 6:3)

**“Blessed is the Glory of G-d in its place.”**



ברוך כבוד ה' ממקומו  
Baruch K'vod Adonai Mim'komo  
(Ezekiel 3:12)

Some Six-Word Prayers

I listen to my heart sing.  
My heart breathes breaths of G-d.  
Bless these prayers. Beautiful. Radiant. Holy.  
Give me a heart of love.  
Give me a heart of gratitude.  
Love and beloved: giving, receiving, sharing.  
A breath. A word. A whisper.  
Dancing joyously with songs of angels.  
My prayer rises on your wings.  
Be the medicine your heart needs.  
Let the angels secretly bless me.

Oh, to live in this music!  
Heart of prayer. Heart of love.  
Gratitude feeds the heart with light.  
Beautiful set of souls praying together.  
Breathing in God’s sacred blessing light.  
Let living waters wash me clean.  
My arms hold space for You.  
Mercy is love. Love is light.  
Your Voice is my beating heart.  
Breathing in, grateful for your soul.  
This Grateful Heart sings for you.

Essential Prayers

<b>My prayer of:</b>	
<b>Wow</b>	
<b>Gimmie</b>	
<b>Thanks</b>	
<b>Oops</b>	