Tefillah Advisor Guide – Where Is The Love?

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Goals

1. Create a safe space to talk about Tefillah
2. See the many opportunities for connection that Tefillah provides
3. Take on a practical idea/practice for Tefillah going forward

The theme of the Shabbaton is love, specifically the three facets: Love בין אדם למקום, חבירו ועצמו.

1. Building a Relationship with HKBH
2. Story of Chana (I don’t recommend getting into Penina, her co-wife who had lots of children - it’ll just distract).
	1. HKBH wanted a relationship with Chana so badly that He made her barren so she would daven to him even more (similar to the foremothers Sarah, Rivka, and Rachel)
	2. Feel free to include this story (although you have to draw it out a little bit more): A woman went to a holy rabbi for a blessing to have children. She cried to him that she wants children so badly and it’s been many years but she and her husband have been unable to conceive; could the Rebbe daven for her?

 The Rebbe told her that there was nothing he could do.

Distraught, the woman left in tears. A few moments after she walked out, the Rebbe called her back in and told her that she would have a baby. The Rebbe explained that once he told her that she had no options in doctors, special methods, holy individuals, or sheer luck, she turned to HaShem with a full heart and asked Him for her baby. Once she turned to HaShem with a full heart, her Tefillah was granted.

1. Gemara in Chullin 60b (also quoted by Rashi). Even though HKBH created plant-life on Day 3 of Creation, the vegetation didn’t actually sprout until Adam HaRishon davened for it to sprout.
	1. Drive home the point that HKBH sets up blessings for us, but only if we daven can we receive them.
2. You can skip the R’ Keleman line about whispering - it’s a nice idea but you don’t have to do it if you’re worried about time.
3. Building a Relationship with Others
4. Plural Language - Even though the Silent Shemoneh Esrei is a private prayer, we still speak in the plural. Wouldn’t it make more sense to speak in the singular and only during the Chazzan’s repetition speak in plural?
5. Sephardim and Chassidim (i.e. those who daven nussach sefard) have a quick line in their siddur before davening: “I hereby accept upon myself the mitzvah of ואהבת לרעיך כמוך”
6. Building a Relationship with Yourself
7. This is in some ways the hardest/least obvious aspect of Tefillah; for this one in particular - if you have any additional sources or ideas please share them
8. Tefillah is an opportunity to look at yourself and make sure that your thoughts and actions line up with your words
9. It is also a chance to recognize the power that we have as people. We’re talking to the Creator of the World! You are so special that you get to do that!
	1. I first experienced the Marianne Williamson line in the movie [Coach Carter](https://www.youtube.com/watch?v=2_fDhqRk_Ro) - feel free to talk about it, or in this awesome Ted Talk on [Leading with Lollipops](https://www.youtube.com/watch?v=hVCBrkrFrBE):)

Just remember 3 things:

1. You’re awesome and Yasher Koach Gadol for getting up early to teach Torah!
2. Conversations should not end. Try to wrap up with a question to discuss further later on; it will maintain the relationship and keep the NCSYers (and you) thinking about Torah all day
3. Say an Al HaMichya from the donuts!

Thank you and have a great shabbos. Feel free to reach out with questions, critiques or awesome ideas that you think we can all benefit!