

Prayer

Part 3

Prayer: Returning to Sinai

Exodus 20:18-19

Now when all the people saw the thunder and the flashes of lightning and the sound of the trumpet and the mountain smoking, the people were afraid and trembled, and they stood far off and said to Moses, “You speak to us, and we will listen; but do not let God speak to us, lest we die.”

Deuteronomy 4:12-16

“Then Adonai spoke to you out of the midst of the fire. You heard the sound of words, but saw no form; there was only a voice... Therefore watch yourselves very carefully. Since you saw no form on the day that Adonai spoke to you at Horeb out of the midst of the fire, beware lest you act corruptly by making a carved image for yourselves, in the form of any figure, the likeness of male or female...”

Numbers 12:8

“With him I speak mouth to mouth, clearly, and not in riddles, and he beholds the form of Adonai. Why then were you not afraid to speak against My servant Moses?”

A Divine Principle:
God's 'Form' is Beheld in Words

An Ancient Framework for Prayer

- **The *Amidah*** = the “standing” prayer
- **The *Shemoneh Esrei*** – “Eighteen”
- **“*The Prayer*”** **18 = םן - ׳Life׳**

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- 1 – Covenant of the Fathers
- 2 – God’s Might
- 3 – Holiness of God’s Name

} Praise

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} Weekdays

- 17 – Divine Service
- 18 – Thanksgiving
- 19 – Peace

} Gratitude

Question #1:

Where are parts 4-16?

Question #2:

How can there be 19 parts?

1 – Covenant of the Fathers

2 – God’s Might

3 – Holiness of God’s Name

Personal

4 – Knowledge

5 – Repentance

6 – Forgiveness

7 – Redemption

8 – Healing

9 – Prosperity

Communal

10 – Ingathering of Exiles

11 – Justice

12 – Against Slanderers

13 – The Righteous

14 – Rebuilding Jerusalem

15 – Kingdom of David

16 – Response to Prayer

17 – Divine Service

18 – Thanksgiving

19 – Peace

“One should never deviate from this procedure – first recount God’s praises and afterwards make your requests.”

☞ b.Talmud: Berachot 32a

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Messiah Yeshua.

“...we verbalize our needs in Your presence to impress upon ourselves how utterly dependent we are on Your gracious help, and to demonstrate how much we place our trust in Your kindness.”

☞ R' Menachem Mendel Levin