

Chizzuk Tefillah

Posted by ur-a-jew - 18 May 2011 17:05

I've been meaning to start this thread for a long time and my good friend Zemiros Shabbos made a similar suggestion to me recently. The koach of tefillah is awesome, yet as the gemara in Brochos says: *האדם צריך לומר תפלה בכל יום ויום* (?????? ??) *האדם צריך לומר תפלה בכל יום ויום* *האדם צריך לומר תפלה בכל יום ויום* *האדם צריך לומר תפלה בכל יום ויום*, which Rashi explains is referring to things like Tefillah. Ask anyone who has had real success in these struggles and they will tell you that a staple in their arsenal is Tefillah. One of the things that I learned from Dov early on was to talk to Hashem, during the course of the day. It works, I have seen it in my own struggles. Yet, precisely because of its power, the Yetzer Hora tries to get us to be from the *האדם צריך לומר תפלה בכל יום ויום* *האדם צריך לומר תפלה בכל יום ויום* *האדם צריך לומר תפלה בכל יום ויום* *האדם צריך לומר תפלה בכל יום ויום*. Perhaps if we can give each other ideas to be *האדם צריך לומר תפלה בכל יום ויום* in this area we can tap into the full power of it.

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 20 Jan 2012 17:05

We say in davening *shiru lo, zamro lo, ivdu es hashem besimcha, hari'u lashem kol ha'aretz, baruch she'amar vehaya ha'olam, hodu lashem*, etc. all calls to sing, thank, praise and express appreciation to Hashem.

how ironic it is that some people mumble those words hurriedly, without feeling, without singing, praising and real appreciation. We tell OTHERS to sing, while we mumble.

Bisdei Ya'ar from Rav Shalom Arush

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 10 Feb 2012 17:28

this is a beautiful short piece from She'arim Be'tfila by R' Shimshon Pinkus zt'l about chazaras hashatz.

i know that to me chazaras hashatz often seems like state-mandated daydreaming time but if

you learn this you'll get a different perspective

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Re: Chizzuk Tefillah

Posted by gibbor120 - 10 Feb 2012 17:33

My kavanah during chazaras hashatz is **exactly** the same as during my tefillah belachash...

I daydream during both :-[.

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