

## RH II - Practicing Personal Prayer

- Open with a personal prayer - facing the aron hakodesh
  - Thank - for the great honor of sharing Your wisdom and leading this congregation
  - Wow - The divine spark within
  - Sorry - any inadvertent ways I have failed you in that work, or misinterpreted Your Torah
  - Please - give me the strength to walk in Your paths, and confront the challenges I face, and we face
  
- Yesterday I walked down the aisle with the microphone inviting anyone to speak, trusting in the divine spark within you. It was a bit of a gimmick to introduce the conversation about fear, but I really do trust that divine spark within you, and today, it's not a gimmick. Today, I'd actually like us to confront that fear.
  
- Abraham Joshua Heschel chastised Rabbis in 1958 for worrying too much about sermons, and not enough about prayer. Introduce exercise with some of his harsh words from source sheet.
  
- There are really only four types of prayer
  - "Wow"
    - Recognize all the ways you don't control the world
    - Our entire life is less than a blink of an eye on the scale of the universe
    - Yet we are able to perceive the scale of the universe. Just knowing how limited we are is a gift of great perception not given to many creatures
    - Nature
    - Our special uniqueness as Jews
  
  - Thanks
    - Cultivates an attitude of appreciation for the small miracles of life
    - Breathing in and out
    - Our bodies working appropriately
    - Having all our needs taken care of
  
  - Please
    - A firm recognition of the needs in our lives - Hopes and Fears
    - Guidance
    - Strength
    - Acceptance
    - Fixing the brokenness of the world
    - Peace
  
  - Sorry

- Guilt is the stuff that stops the spirit from connection
- A sorry prayer is about truly resolving to be better
  
- Introduce logistics for the prayer exercise
  - Individual or small group work
  - Source sheets for inspiration
  - Create prayer together
  - Opportunity to share the prayer you created at the end

### **Don't worry about eloquence.**

Your words can't be wrong if they are from your heart.

### **Don't worry about theology.**

Whatever God/Universe/Consciousness/Morality/Etc... is or isn't won't be resolved through your words. There are lots of names for God. Find the name that captures the aspect of Other you need for this prayer.

### **Whom are you addressing?**

### **How will you begin?**

**Content - let it come from the heart let embarrassment go and unify your heart in love and awe of God's name**

**Conclusion - One sentence**

**If you'd like come and share your prayer with the congregation or privately at the aron ha-kodesh, or simply in your own heart**