



# B'NAI DAVID-JUDEA

## *Shabbat Shorts*

Last time on Shabbat Shorts, we took a break from the discussion of davening on Shabbat to discuss learning on Shabbat.

Now, let's get back to the davening!

We know that Shabbat Mincha includes Torah reading, instituted by Ezra. And it is familiar that anytime we leyn, we create an עת רצון, a favorable time when God's good will and love turn toward us as we open His Torah (Mishnah Berurah 292:3). And so, specifically at Shabbat Mincha right before leyning, we say a special prayer, ואני תפילתי, which highlights this notion of עת רצון.

Why is Shabbat Mincha so special that it merits to include ואני תפילתי, a prayer for an intimate moment with God that is so powerful that we usually save it for Chagim and the Aseret Yemei Teshuvah?

The Mishnah Berurah codifies a Midrash about David HaMelech to reveal an answer: שאמר דוד לפני הקדוש ברוך הוא רבש"ע אין אומה זו כעו"ג ששותין ומשתכרים ופוחזים ואנו לא כן אף על פי שאכלנו ושתינו ואני תפילתי וגו' "David said before God, 'Master of the universe! This nation is not like the idolaters of the world who drink and get drunk and and become thoughtless. We do not do this-- rather even though we eat and drink, we say ואני תפילתי'".

In this Midrash, David HaMelech praises Israel for being able to combine the pleasures of this world with ongoing service of God. We

eat and drink on Shabbat-- we enjoy life and all of God's creations! But we do not do so to the point that we are unable to pray-- unable to think and focus on what really matters-- which is serving God.

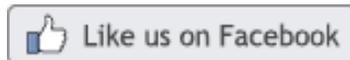
This is where Shabbat Mincha comes in. The proof of David HaMelech's claim is that we are able to say ואני תפילתי on Shabbat afternoon-- a prayer that requires great spiritual focus-- after a big Shabbat lunch. Most people would not prioritize prayer and Torah after a Thanksgiving-sized meal. But every week, after our Thanksgiving-meal-equivalent (Shabbat lunch), we read Torah and pray to God. And so, every time we say ואני תפילתי at Shabbat Mincha, we remind ourselves of our value system and tap into what matters most.

Stay tuned for next time on Shabbat Shorts, when we finish up Shabbat Mincha and move on to Seudah Shlishit!

I love feedback!  
rabbanitalissa@bnaidavid.com

B'nai David-Judea 8906 West Pico Blvd. Los Angeles, CA 90035  
[director@bnaidavid.com](mailto:director@bnaidavid.com)

See what's happening on our social sites



See what's happening on our social sites



B'nai David-Judea, 8906 W. Pico Blvd, Los Angeles, CA 90035

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [rabbanitalissa@bnaidavid.com](mailto:rabbanitalissa@bnaidavid.com) in collaboration with

**Constant Contact**® 

Try it free today