

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 תפילה כל יום ויום* (?????? ??) *האדם צריך תפילה כל יום ויום* *האדם צריך תפילה כל יום ויום* *האדם צריך תפילה כל 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 תפילה כל יום ויום* *האדם צריך תפילה כל יום ויום*. Perhaps if we can give each other ideas to be *האדם צריך תפילה כל יום ויום* in this area we can tap into the full power of it.

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 08 Sep 2011 17:39

are you referring to *האדם צריך תפילה כל יום ויום* which we say in *האדם צריך תפילה כל יום ויום*

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Re: Chizzuk Tefillah

Posted by Gevura Shebyesod - 08 Sep 2011 17:56

In Nusach Ashkenaz it's *האדם צריך תפילה כל יום ויום*.

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 08 Sep 2011 18:01

thanks! that clears it up for me. i was trying to understand where we say 'sabenu mituvecha' during the week.

it's a gevaldig vort.

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Re: Chizzuk Tefillah

Posted by heuni memass - 08 Sep 2011 18:28

were is world- we need a tread "sfard or ashknaz"

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Re: Chizzuk Tefillah

Posted by Gevura Shebyesod - 09 Sep 2011 14:11

Yalla Yalla Yallili.....

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Re: Chizzuk Tefillah

Posted by ur-a-jew - 09 Sep 2011 16:33

[heuni memass wrote on 08 Sep 2011 18:28:](#)

were is world- we need a tread "sfard or ashknaz"

On the subject of ashkenaz vs. sefard and nuschaos. If you look at the brochos of shemona eisray and compare the various nuschaos, ashkenaz, sefard, ari, adas mizrach, etc. you will find that in every single brocha except one there is at least some difference of opinion in gersaos. The one brocha that to my knowledge stands out is the brocha of Teshuva. Every siddur I have checked has the same nusach. When it comes to teshuva klal yisroel is united. (Kind of similar to this website, no matter what your background) everyone is united in the goal of helping each

other stay clean). In the zechus of this unity may we be zoche to teshuva shelaima.

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Re: Chizzuk Tefillah

Posted by gibbor120 - 09 Sep 2011 16:42

. Great stuff as usual UAJ!

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 09 Sep 2011 16:44

beautiful vort!
amen or omein

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Re: Chizzuk Tefillah

Posted by ur-a-jew - 09 Sep 2011 16:57

[ZemirosShabbos wrote on 08 Sep 2011 18:01:](#)

thanks! that clears it up for me. i was trying to understand where we say 'sabenu mituvecha' during the week.

it's a gevaldig vort.
don't forget oomine

The Vilna Goan also had the menhag of saying ????? ?????, however the ??? ???? seems to say that even according to this pshat it is a tefillah that a person should be satisfied and not need to pursue excessive tayvos: ?????? ????? ??' ?????? ?????? ??? ?????? (???? ????? ??? ?????? ?? ??? ??? ?? ?????? ?????? ????? ?" ? ?????? ????????? ?????? ?????? ?" ? ????? ?????? ??? ?????? ????? ?? ?????

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Re: Chizzuk Tefillah

Posted by Stuart - 02 Oct 2011 03:53

There was a Rosh Yeshiva once visiting Jewish inmates in a jail and arranged a minyan for scharis. Towards the end of the tefila one of the inmates started taking off his tefilin during uva lezion. After davening the RY approached the inmate and asked him what was your rush, where do you have to go? You're in jail, there's nowhere to go!

Sometimes we do things so habitual it stays with us forever without even thinking about it.

A similar story is said about the Satmar Rav (I think). A badchan once asked him permission to impersonate him for a skit being done for a chasana or Purim. The Rav agreed. While pretending to act like the Satmar Rav, the badchan noticed tears running down the Rav's face. The badchan felt so awful and horrified and afterwards immediately went to ask for mechila. The Rav explained that he wasn't crying because he was being made fun of. He was crying watching himself act every day. He realized that each day he simply mimics what he did the day before.

Often we end up davening by rote, without much emotions and just mimic what we've been doing for years. Especially during these yemi ratzon we should strive to make our tefilos meaningful and not just another routine and habit.

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Re: Chizzuk Tefillah

Posted by ur-a-jew - 03 Nov 2011 14:50

Saw this today:

TAKE TIME TO PRAY

I got up early one morning,
And rushed right into the day;
I had so much to accomplish,
I didn't have time to pray.

Troubles just tumbled about me,
And heavier came each task.
"Why doesn't God help me?" I wondered.

He answered, "You didn't ask."

I tried to come into God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
"Why, child, you didn't knock."

I wanted to see joy and beauty,
But the day toiled on gray and bleak.
I wondered why God didn't show me.
He said, "You didn't seek."

I woke up early this morning,

And paused before entering the day.

I had so much to accomplish

That I had to take time to pray.

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Re: Chizzuk Tefillah

Posted by ZemirosShabbos - 15 Nov 2011 19:48

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"?? ??? ????? ?? ??? ?? ????? ??? ?? ????? ?? ?????... ????? ?? ????? ??? ??????? ?? ????? ??? -
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Based on this possuk and the explanation of the Ramban, that the RBSO listens and accepts the tefila of every person, worthy and unworthy, Rav Shalom Arush writes in Bidei Ya'ar that the foundation and prerequisite of prayer is to know and believe that the RBSO is merciful. And He listens and 'pays attention' to our prayer. Regardless of whether the person is worthy or not. (as long we don't base our request on a feeling of entitlement, rather we ask for a matnas chinam, basing our request only on His mercy).

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Re: Chizzuk Tefillah

Posted by gibbor120 - 15 Nov 2011 20:51

Thanks ZS. I often fall into that trap. What zechus do i have that hashem should listen to me anyway? But I have it all wrong. A person does not daven based on his zechuyos. It is all a

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Re: Chizzuk Tefillah

Posted by obormottel - 16 Nov 2011 00:23

Last three posts - LIKE, LIKE, LIKE.

The idea that Hashem lends an attentive ear to prayers of "unworthy" is something I had trouble coming to terms with. It is only that I see it be the case, all the time!

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