

# SPIRITUAL INSIGHTS

UNRAVEL AN ANCIENT JEWISH WISDOM

A Summer Course with Rabbi Bentzion Kravitz

**Part III - Prayer- Who Is Listening?**

*How to Pray from Your Heart and Touch Heaven*

- Source Sheet -

## 1) Prayer: Psalm 69:14

As for me, may my **prayer** come to You, O LORD, at a favorable moment; O God, in Your abundant faithfulness, answer me with Your sure deliverance.

וְאֲנִי תַפִּלְתִּי יְיָ | יְהוָה עֵת רְצוֹן אֱלֹהִים בְּרַב־חַסְדְּךָ עֲנֵנִי  
בְּאַמֶּת יִשְׁעֶךָ:

## 2) Psalm 116:1

I love the LORD for He **hears my voice**, my supplication.

אֶהְבֶּתִּי כִּי־יִשְׁמַע | יְהוָה אֶת־קוֹלִי תַחֲנוּנָי:

- 2) The Hebrew word *tefilah* (תפלה) comes from the verb *pallel* (פלל), "to judge."  
We use the reflexive verb *lehitpallel* ("to pray"), which also means "to judge oneself."

## Psalm 106:30

Pinchas stood up and executed **judgement** and the plague ceased.

וַיַּעַמֵּד פִּינְחָס וַיִּפְלֵל וַתֵּעָצֵר הַמַּגֵּפָה:

3) **Judges 16:9**

Tefilah is also related to the verb (used in Mishnaic Hebrew) *tofel*, to "attach," or "join," or "bind together".

Additionally, the word for "wick" in Hebrew is פתילה - pesillah, which contains the same Hebrew letters as the word for "prayer," which is תפילה t'fillah.

as one might break a burned wick.

אֲשֶׁר יִנְתַק פְּתִיל־הַנְּעֹרֶת בְּהַרִיתָו

4) **Proverbs 20:27**

As a wick joins the oil to the flame prayer is a connection for the soul to reach God.

Oil is the body; the wick is prayer and the flame is the soul which is a part of God.

The candle of God is the soul of man

נֵר יְהוָה נְשִׁמַת אָדָם:

5) The Talmud - **Berakoth 30b**

This is what the Sages said in the Mishnah: "One should embark on worship only in an earnest frame of mind."

זה שאמרו רז"ל במשנה: אין עומדין להתפלל אלא מתוך כובד ראש.

6) **1 Samuel 1:13-15**

Now Hannah was praying in her heart; only her lips moved, but **her voice** could not be heard

חַנָּהּ הָיָא מְדַבְּרַת עַל-לִבָּהּ, רַק שְׁפָתֶיהָ נִעֹת וְקוֹלָהּ לֹא יִשְׁמָע

7) The Talmud - **Berakoth 30b**

"Our Sages taught, 'One should embark on worship only with joy.'"

תנו רבנן, אין עומדין להתפלל אלא מתוך שמחה

8) The Talmud - **Berakoth 28b**

When you pray, know before Whom you stand

עומדים אתם מי לפני דעו מתפללים וכשאתם

## 9) Nehemiah 9:6

You alone are the LORD. You made the heavens, the highest heavens, and all their host, the earth and everything upon it, the seas and everything in them. You keep them all alive, and the host of heaven prostrate themselves before You.

אַתָּה־הוּא יְהוָה לְבַדְּךָ אַת [אַתָּה] עָשִׂיתָ אֶת־הַשָּׁמַיִם וְהַשָּׁמַיִם וְהָאָרֶץ וְכָל־אֲשֶׁר עָלֶיהָ הַיַּמִּים וְכָל־אֲשֶׁר בָּהֶם וְאַתָּה מְחַיֶּה אֶת־כָּל־אֶת־כָּל־הַשָּׁמַיִם לְךָ מִשְׁתַּחֲוִים:

## 10) Isaiah 55:8

For My thoughts are not your thoughts

כִּי לֹא מַחְשְׁבוֹתַי מַחְשְׁבוֹתֵיכֶם