

Samuel Field Y Adult Center
Introduction To Communal Prayer

Questions:

What Is The Definition Of Communal Prayer?

Why Do We Need Ten People To Conduct Communal Prayer?

Why Was Communal Prayer Established?

What Are We Permitted To Do While Praying In A Group Of At Least Ten People That We May Not Do While Praying Alone?

Why Pray In A Group Of Ten People And Not Pray Alone? What Are The Benefits Of Communal Prayer? What Are The Benefits Of Praying Alone?

Is Our Conduct In Synagogue Different Than The Temple Service Or Consistent With It?

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What We Do In Synagogue That We May Not Do When Praying Alone:

1. Reading Of The Torah
2. Recital Of Kaddish
3. Responsive Prayers
4. Repetition Of The Prayer Of 18 Benedictions
(Shemona Esrei)
5. We Follow A Fixed Text And Recite The Prayers In Order

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Question: What does the Jewish Prayer Book, the Siddur, represent?

Seder Rav Amrom Gaon-The order of prayers and Brachos for the entire year that you requested, that has been shown to us by Heaven, we deem appropriate to set forth and lay out in the manner in which the tradition was passed down to us, as compiled by the Rabbis during the period of the Mishna and of the Gemara. And so we learned: Rabbi Mayer said: a person is obligated to recite 100 Brachos each day. In the Jerusalem Talmud we learned: it was taught in the name of Rabbi Mayer; there is no Jew who does not fulfill one hundred Mitzvos each day, as it was written: Now Israel, what does G-d your G-d ask of you? Do not read the verse as providing for the word: “what” (Mah); instead read it as including the word: “one hundred” (Mai’Eh). King David established the practice of reciting one hundred Brachos each day. When the residents of Jerusalem informed him that one hundred Jews were dying everyday, he established this requirement. It appears that the practice was forgotten until our Sages at the time of the Mishna and at the time of the Gemara re-established it. The order of the 100 Brachos was set forth by Rav Natroni son of Hil’Ai, head of the Yeshiva at Masa Machsiya, in correspondence with the community in Lucena, Spain through Rav Yosef, the elder.

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Why Pray In A Group Of Ten People And Not Individually At Home?

- Because we want to recite responsive prayers like Kaddish;
- Because G-d always accepts the prayers of the many.;
- Because people fulfill their obligation for prayer by answering: Amen, אמן to the Brachos being recited by the prayer leader;
- Because of the principle of the King's glory is increased by the presence of the number of people.

Question: Is It Better To Pray In A Synagogue With Fewer People Or One With More People?

- Ten men who congregate and pray are viewed as causing the sanctification of G-d's name.

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Shemona Esrei-Prayer Of 18 (19) Benedictions

Praise

1. Blessed are You, L-rd our G-d and G-d of our fathers, G-d of Abraham, G-d of Isaac and G-d of Jacob, the great, mighty and awesome G-d, exalted G-d, who bestows bountiful kindness, who creates all things, who remembers the piety of the Patriarchs, and who, in love, brings a redeemer to their children's children, for the sake of His Name. O King, (You are) a helper, a savior and a shield. Blessed are You L-rd, Shield of Abraham.
2. You are mighty forever, my L-rd; You resurrect the dead; You are powerful to save. He sustains the living with loving kindness, resurrects the dead with great mercy, supports the falling, heals the sick, releases the bound, and fulfills His trust to those who sleep in the dust. Who is like You, mighty One! And who can be compared to You, King, who brings death and restores life, and causes deliverance to spring forth! You are trustworthy to revive the dead. Blessed are You L-rd, who revives the dead.
3. You are holy and Your Name is holy, and holy beings praise You daily for all eternity. Blessed are You L-rd, the holy G-d.

Requests

4. You graciously bestow knowledge upon man and teach mortals understanding. Graciously bestow upon us from You, wisdom, understanding and knowledge. Blessed are You L-rd, who graciously bestows knowledge.
5. Cause us to return, our Father, to Your Torah; draw us near, our King, to Your service; and bring us back to You in whole-hearted repentance. Blessed are You L-rd, who desires penitence.
6. Pardon us, our Father, for we have sinned; forgive us, our King, for we have transgressed; for You are a good and forgiving G-d. Blessed are You L-rd, gracious One who pardons abundantly.
7. O behold our affliction and wage our battle; redeem us speedily for the sake of Your Name, for You G-d are the mighty redeemer. Blessed are You L-rd, Redeemer of Israel.

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Shemona Esrei-Prayer Of 18 (19) Benedictions-Cont'

8. Heal us, O L-rd, and we will be healed; help us and we will be saved; for You are our praise. Grant complete cure and healing to all our wounds; for You, Almighty King, are a faithful and merciful healer. Blessed are You L-rd, who heals the sick of His people Israel.
9. Bless for us, L-rd our G-d, this year and all the varieties of its produce for good; and bestow (During the summer season say:) blessing (During the winter season say: dew and rain for blessing) upon the face of the earth. Satisfy us from Your bounty and bless our year like other good years, for blessing; for You are a generous G-d who bestows goodness and blesses the years. Blessed are You L-rd, who blesses the years.
10. Sound the great shofar for our freedom; raise a banner to gather our exiles, and bring us together from the four corners of the earth into our land. Blessed are You L-rd, who gathers the dispersed of His people Israel.
11. Restore our judges as in former times, and our counsellors as of yore; remove from us sorrow and sighing, and reign over us, You alone, O L-rd, with kindness and compassion, with righteousness and justice. Blessed are You L-rd, King who loves righteousness and justice.
12. Let there be no hope for informers, and may all the heretics and all the wicked instantly perish; may all the enemies of Your people be speedily extirpated; and may You swiftly uproot, break, crush and subdue the reign of wickedness speedily in our days. Blessed are You L-rd, who crushes enemies and subdues the wicked.
13. May Your mercies be aroused, L-rd our G-d, upon the righteous, upon the pious, upon the elders of Your people, the House of Israel, upon the remnant of their sages, upon the righteous proselytes and upon us. Grant ample reward to all who truly trust in Your Name, and place our lot among them; may we never be disgraced, for we have put our trust in You. Blessed are You L-rd, the support and security of the righteous.
14. Return in mercy to Jerusalem Your city and dwell therein as You have promised; speedily establish therein the throne of David Your servant, and rebuild it, soon in our days, as an everlasting edifice. Blessed are You L-rd, who rebuilds Jerusalem.

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Shemona Esrei-Prayer Of 18 (19) Benedictions-Cont'

15. Speedily cause the scion of David Your servant to flourish, and increase his power by Your salvation, for we hope for Your salvation all day. Blessed are You L-rd, who causes the power of salvation to flourish.

16. Hear our voice, L-rd our G-d; merciful Father, have compassion upon us and accept our prayers in mercy and favor, for You are G-d who hears prayers and supplications; do not turn us away empty-handed from You, our King, for You hear the prayer of everyone. Blessed are You L-rd, who hears prayer.

17. Look with favor, L-rd our G-d, on Your people Israel and pay heed to their prayer; restore the service to Your Sanctuary and accept with love and favor Israel's fire-offerings and prayer; and may the service of Your people Israel always find favor. May our eyes behold Your return to Zion in mercy. Blessed are You L-rd, who restores His Divine Presence to Zion.

Thanksgiving

18. We thankfully acknowledge that You are the L-rd our G-d and G-d of our fathers forever. You are the strength of our life, the shield of our salvation in every generation. We will give thanks to You and recount Your praise, evening, morning and noon, for our lives which are committed into Your hand, for our souls which are entrusted to You, for Your miracles which are with us daily, and for Your continual wonders and beneficences. You are the Beneficent One, for Your mercies never cease; the Merciful One, for Your kindnesses never end; for we always place our hope in You. And for all these, may Your Name, our King, be continually blessed, exalted and extolled forever and all time. And all living things shall forever thank You, and praise Your great Name eternally, for You are good. G-d, You are our everlasting salvation and help, O benevolent G-d. Blessed are You L-rd, Beneficent is Your Name, and to You it is fitting to offer thanks.

19. Bestow peace, goodness and blessing, life, graciousness, kindness and mercy, upon us and upon all Your people Israel. Bless us, our Father, all of us as one, with the light of Your countenance. For by the light of Your countenance You gave us, L-rd our G-d, the Torah of life and loving-kindness, righteousness, blessing, mercy, life and peace. May it be favorable in Your eyes to bless Your people Israel, at all times and at every moment, with Your peace. Blessed are You L-rd, who blesses His people Israel with peace.

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Shemona Esrei-Prayer Of 18 (19) Benedictions-Cont'

Personal Prayer

My G-d, guard my tongue from evil and my lips from speaking deceitfully. Let my soul be silent to those who curse me; let my soul be as dust to all. Open my heart to Your Torah, and let my soul eagerly pursue Your commandments. As for all those who plot evil against me, hasten to annul their counsel and frustrate their design. Let them be as chaff before the wind; let the angel of the L-rd thrust them away. That Your beloved ones may be delivered, help with Your right hand and answer me. Do it for the sake of Your Name; do it for the sake of Your right hand; do it for the sake of Your Torah; do it for the sake of Your holiness. May the words of my mouth and the meditation of my heart be acceptable before You, L-rd, my Strength and my Redeemer. He who makes peace in His heavens, may He make peace for us and for all Israel; and say, Amen.

May it be Your will, L-rd our G-d and G-d of our fathers, that the Bet Hamikdash (Temple in Jerusalem) be speedily rebuilt in our days, and grant us our portion in Your Torah.