

Could You Pass the Conversion Test - Section #1 - Weekday Living:

Section #1 - Weekday Living - Class #5 - Morning Prayer - Part 3:

Morning Prayers:

F. Blessings on the Torah & Morning Blessings:

4. Balance of Morning Blessings, where we thank Hashem for:
 - Understanding
 - Not being a gentile
 - Not being a slave
 - Not being a woman / being created according to Hashem's will
 - Sight
 - Clothes
 - Movement
 - Standing
 - Firmly on ground
 - Shoes / all of my needs
 - Steps
 - Belt / demarcation between upper & lower part of body
 - hat / not to walk arrogantly
 - Strength to withstand the Galus
 - Being fully awake, we state our goals for the day
5. These blessings may be said before dawn and can be said all day long.
6. You may do other activities after saying these prayers, and, if necessary, say the rest of your prayers later on in the day.

G. Coronating G-d 2 times a Day:

1. Say the Shema once in the morning and once in the evening.
2. It should ideally be said just before sunrise and just after the stars come out at night.
3. The morning Shema should be said before the end of the third hour of the day & the evening Shema should be said by midnight.
4. Minimally, the morning Shema can be said before noon & the evening Shema before sunrise the next day
5. Shema should be said with great concentration and precision , especially the first Pasuk & “ Baruch Shem....”
6. When praying alone, say the words “Eil Melech Ne’eman.”- **אל מלך נאמן** so that you have said 248 words of the Shema paralleling your 248 organs.
7. The words of Shema should be recited clearly and out loud so that one can hear what one is saying.
8. One should read the Shema just as he would read a new decree from a king to his subjects.
9. It is customary to recite the first verse of the Shema in a loud voice, while covering one's eyes with the right hand.
10. You should pause briefly before saying the Shema, having in mind that you are about to fulfill this positive Mitzvah.
11. You should have in mind that you would be willing to give up your life if necessary in order to sanctify the name of Hashem.
12. The sentence following it (Baruch Shem...) is recited in a whisper.
13. First verse of the Shema - explanation;
 - **Shema Yisrael** (Hear, O Israel) - Believe, Israel (that)

- **A-donai** (God) - HE Who is Lord over all, and Who was, is, and will ever be
- **Elo-heinu** (is our Almighty God) - Who is powerful and omnipotent
- **A-donai** (God)- He is Lord over all, and He was, is, and will ever be
- **Echad** (One) - The One and Only, and the Sole Ruler of the universe.

14. 3 Paragraphs of Shema:

1. Accept Upon Yourself the Yoke of Heaven (that there is a commander) & Love Hashem with all your effort, all your soul, and all your resources.
2. Accept Upon Yourself the Yoke of Mitzvos - Communal Reward / Punishment
3. Tzitzis & Remembering That Hashem took the Jews out of Egypt. Do not be fooled by superficial things.

H. The Order of Prayer:

1. Karbanos - offerings in the Temple (Nefesh - body) [Artsroll pg. 32 - 48]
 - minimum - Karban Tamid pg. 32 - 34.
2. Pesukei D'zimra...verses of song (Ruach - emotion) [Artsroll pg. 58 - 82]
 - minimum - Baruch She'amar pg. 58-60; Ashrei pg. 66-68; Yishtabach pg. 82
3. Shema & its Blessings (Neshama - mind) [Artsroll pg. 84 - 96]
 - minimum - The entire Shema pg. 90 - 94
4. Amida : 1) 3 blessings of praise; 2) 13 blessings of requests; 3) 3 blessings of thanksgiving - so that G-d's blessings will remain with us.

I. The Amida:

1. When one is praying one should feel that he is pouring out his heart to G-d.
2. Before praying, a person should contemplate His Creator's exaltedness and his own insignificance.
3. While reciting the Amida one must keep in mind that he is standing before the King of the universe.
4. One is obligated to concentrate well on the meanings of the words of the first blessing of the Amida.
5. One should not let your eyes wander.
6. One should pray either with his eyes closed or from within a Siddur.
7. One may not gesture or motion to others while saying the Amida. (except if a child is crying and disturbing the prayer.)
8. One should not hold anything in his hands other than a Siddur.
9. One may not interrupt his Amida prayer for Amen, Kedusha, or Barchu. (Just stop and listen)
10. The words of the Amida must be verbalized and not merely thought in one's mind.
11. One should face Jerusalem during the Amida.
12. One should imagine that he is standing in the Temple at the sight of the Holy of Holies.
13. One should not allow your mind to wander while praying.
14. One must say the Amida while standing. no leaning. Feet should be together.
15. Take 3 steps forward & backward before and after the Amida respectively.
16. Pre & Post Amida prayer
17. Bow 4 times during the Amida.