

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

**Section #1 - Weekday Living - Class #6 - Morning Prayer - Part 4:**

**Morning Prayers:**

**J. The Amida:**

15. Take 3 steps forward & backward before and after the Amida respectively, and say Pre & post Amida Prayer.
- Before Amida:
    - Move your left foot backward behind - but to the side of your right foot(toe to heel)
    - Move your right foot behind - but to the side of your left foot
    - Move your left foot backward - it is now side by side with the right foot
    - Move your right foot forward - but to the side of your left foot (heel to toe)
    - Move your left foot forward ahead - but to the side of your right foot
    - Move your right foot forward - it is now side by side with the left foot
    - Say "Ado-nai Sefasi Tiftach..." on pg. 96
  - After Amida:
    - Bend over your head and body
    - Move your left foot backward - but to the side of your right foot
    - Move your right foot behind - but to the side of your left foot
    - Move your left foot backward - it is now side by side with the right foot
    - Turn your face to your left
    - Say "Osea Shalom Bimromov"
    - Turn your face to your right
    - Say "Hu Ya'ase Shalo Alienu"
    - Bend over straight ahead a little more
    - Say "V'al Kol Yisroel V'imru Amen"
    - Say "Yehi Ratzon..." on pg. 118
    - move 3 steps forward back to your place as you did to begin the Amida.
16. Bow 4 times during the Amida.
1. Beginning of 1st Blessing (Avos) pg. 96
  2. End of 1st Blessing pg. 96
  3. Beginning of 18th Blessing (Modim) pg. 112
  4. End of 18th Blessing pg. 114
18. How to Bend for #1,2, and 4:
1. "Baruch" - Bend your knees
  2. "Atah" Bow your head until your vertebrae move (Have in mind that "You" refers to Hashem.
  3. Pick your head up
  4. Stand erect
  5. "Ado-nai"
19. How to Bend for #3:
1. "Modim" - Bend your entire body until your vertebra move
  2. Stand straight before you say hashem's name

**K. Praying in a Minyan:**

1. A man is obligated to pray in a minyan 3 times a day
2. Women are not obliged - but it is meritorious for them to do so.
3. Hashem more readily accepts the prayers of those in a Minyan.
4. Many prayers can only be said in a Minyan. 1) Kaddish, 2) Borchu, 3) Kedusha, 4) repetition of Amida, and 5) Birchas Kohanim
5. Importance of coming on time to minyan.
6. Most important part to pray in a minyan is the Amida.
7. It is optimal to begin your Amida together with the rest of the minyan - regardless if you finish later than the minyan.
8. One should listen attentively to the Chazzan's repetition of the Amida and respond Amen, Baruch Hu U'varooch Sh'mo", Kedusha, Modim Derabanan, and to Birkas Kohanim
9. It is a terrible sin to talk during the recitation of the Amida
10. The recitation is even a holier prayer than the silent Amida.
11. If necessary, it is permitted to skip some parts of prayer in order to say the Amida together with the minyan.
12. If you can not pray with a minyan, try to pray at the same time as the minyan in Shul.

**L. 19 Blessings of the Amida:**

- **First 3 Blessings of Praise - Acknowledging Hashem's Power:**

1. Kindness
2. Control
3. Mercy

- **Middle 13 Blessings - requests: 1) 3 individual spiritual; 2) 3 individual physical; 3) Transition: 4) communal spiritual; 5) communal physical**

1. Understanding
2. Return
3. Moral Rehabilitation
4. Liberation
5. Physical Health
6. Material Sustenance
7. Reunion - Transition from individual needs to those that can only be fulfilled through the community
8. Justice System
9. Punishment of G-dless People
10. Vindication of righteous
11. Build Jerusalem
12. Enthronement of Royal Heir from David
13. Hearing Our Prayers

- **Final 3 Blessings - Thanksgiving so that the Blessings will remain with us**

1. Return of Sacrificial order - on-going relationship
2. Thanks / Admission for Everything Hashem Does For Us
3. Peace