

TEFILLAH

התפילה היא קשת הנשמה, החץ
של המודעות.

*Prayer is the quiver of the soul,
the arrow of mindfulness.*

Rabbi Abraham Isaac Kook

We are given a dedicated space to contemplate our connection to Hashem, recognizing His magnitude, seeking our needs from Him and expressing our gratitude to Him. The introspective aspect of prayer encourages us to examine our intentions, desires, and challenges, fostering a deeper connection with ourselves and our Creator. Davening is the opportunity to deepen and expand this relationship.

Dedicated by Shani & Chaim Hollander
In Memory of Mrs. Alice Marks
פרומה ליבא בת שמואל

A woman always seeking to improve herself through תפלה and תורה

YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

SUNDAY • SEPTEMBER 3 • 17 ELUL

Reflect on your self-talk and internal dialogue. Are there any negative patterns or self-limiting beliefs that you can work on changing?

Action plan

MONDAY • SEPTEMBER 4 • 18 ELUL

Write about a time when you felt completely present and mindful during davening. Think about that experience and how can you increase your kavanah during your daily davening.

Action plan

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TUESDAY • SEPTEMBER 5 • 19 ELUL

Describe a time where you may have felt more distant from Hashem. How did you overcome it?

Action plan

WEDNESDAY • SEPTEMBER 6 • 20 ELUL

There are times when certain tefillot resonate more deeply than at others times. Describe a time during this past year when a particular Tefillah touched you deeply.

Action plan

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THURSDAY • SEPTEMBER 7 • 21 ELUL

We often turn to role-models to inspire and guide us. Who is your Tefillah role model? In which way does this person inspire you?

Action plan _____

FRIDAY • SEPTEMBER 8 • 22 ELUL

At different points of the Yemei Ratzon davening, we relate to Hashem as a Father and a King. Choose one that feels most descriptive of your current relationship with Hashem. How can you deepen this connection and explore other aspects of your relationship with Hashem?

Action plan _____
