

PRAYER – A PERSONAL CONNECTION, PART II

Among all of our spiritual obligations, *Tefillah*/Prayer stands alone. One Jewish Rabbi had this to say: Tefillah is not merely the fulfillment of a general commandment: Rather, Tefillah is our speaking with our Creator, may He be blessed, enabling us to approach Hashem and cling fast to Him and this is the reason why Hashem desires our prayers.

The essential nature of this quest to connect to our Creator, and its power to elevate a person to new heights is the blessing we receive from Him. At the very core of our relationship with Hashem is the appreciation that He is not Something, but Someone: to be totally aware of the simple reality that Hashem is there, real and true; that it is easy to form a personal, sincere connection with Him' and to discuss with Him the most basic and mundane of our needs; that those who do so are never let down.

Go directly to the only One Who can truly help you, grasp Him and do not let go.

On a subconscious level, we all know that if we speak to Hashem from our hearts. He will respond with love. That is why, as one former prisoner of war said, "A man does a lot of praying in an enemy prison." Implied in this statement is a deep-seated belief that God is the only One Who can help. But a person need not wait for desperate times. He can fill his being with the pure joy of Hashem's presence at any time, in any situation, for Hashem is always there waiting.

POINTS TO PONDER

Closeness to Hashem can be developed in times of trouble, times of joy, or ordinary times in one's life.

A person can and should turn to Hashem to "discuss" any of his needs or worries.

Psalm 85:8 I will hear what God the LORD will say; For He will speak peace to His people, to His godly ones; But let them not turn back to folly. (NAU)