

Samuel Field Y Adult Center
Prayer In The Bible

1. Acts That Constitute Non Verbal Prayer;
2. Confessional Prayers;
3. Incidents In Which The Bible Relates That A Person Prayed But What He Said As Part Of His Prayer Is Not Revealed;
4. Incidents Where You Would Expect A Prayer To Have Been Said But No Prayer Is Recorded In The Bible;
5. Prayers That Are Recorded In The Bible:
 - A. Vows;
 - B. The Thirteen Attributes Of G-d;
 - C. The Priestly Blessings;
 - D. The Sin Of Miriam;
 - E. The Prayer That Accompanies The Offering Of The New Fruits;
 - F. Kriyat Shma;
 - G. The Ten Commandments;
 - H. Poetry.

*Class Presented By Abe Katz, Founding Director,
The Beurei Hatefila Institute-www.beureihatefila.com*

This class is dedicated to the memory of my mother-in-law, Helene Pruslin, whose Yahrzeit will be commemorated on the 2nd day of Tamuz, June 10, 2013

Samuel Field Y Adult Center

Prayer In The Bible

First Reference To Prayer In Bible

Non Verbal Prayer

1. And Adam knew Eve his wife; and she conceived, and bore Cain, and said, I have acquired a man from the Lord. 2. And she again bore his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. 3. And in process of time it came to pass, that Cain brought of the fruit of the ground an offering to the Lord. 4. And Abel also brought of the firstlings of his flock and of the fat of it. And the Lord had respect for Abel and for his offering; 5. But for Cain and for his offering he did not have respect. And Cain was very angry, and his countenance fell. 6. And the Lord said to Cain, Why are you angry? and why is your countenance fallen? 7. If you do well, shall you not be accepted? and if you do not well, sin lies at the door. And to you shall be his desire, and yet you may rule over him. 8. And Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him. 9. And the Lord said to Cain, Where is Abel your brother? And he said, I know not; Am I my brother's keeper? 10. And He said, What have you done? the voice of your brother's blood cries to me from the ground. 11. And now you are cursed from the earth, which has opened her mouth to receive your brother's blood from your hand; 12. When you till the ground, it shall not henceforth yield to you her strength; a fugitive and a wanderer shall you be in the earth.

Confessional Prayer

13. And Cain said to the Lord, My punishment is greater than I can bear. 14. Behold, you have driven me out this day from the face of the earth; and from your face shall I be hidden; and I shall be a fugitive and a wanderer in the earth; and it shall come to pass, that every one who finds me shall slay me. 15. And the Lord said to him, Therefore whoever slays Cain, vengeance shall be taken on him sevenfold. And the Lord set a mark upon Cain, lest any finding him should kill him.

Samuel Field Y Adult Center
Prayer In The Bible

Adam's Reaction To Having Sinned

1. Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said to the woman, Has God said, you shall not eat of every tree of the garden? 2. And the woman said to the serpent, We may eat of the fruit of the trees of the garden; 3. But of the fruit of the tree which is in the midst of the garden, God has said, you shall not eat of it, nor shall you touch it, lest you die. 4. And the serpent said to the woman, surely you shall not die; 5. For God knows that in the day you eat of it, then your eyes shall be opened, and you shall be as gods, knowing good and evil. 6. And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of its fruit, and ate, and gave also to her husband with her; and he ate. 7. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. 8. And they heard the voice of the Lord God walking in the garden in the cool of the day; and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. 9. And the Lord God called to Adam, and said to him, Where are you? 10. And he said, I heard your voice in the garden, and I was afraid, because I was naked; and I hid myself. 11. And he said, Who told you that you were naked? Have you eaten of the tree, which I commanded you that you should not eat? 12. And the man said, The woman whom you gave to be with me, she gave me of the tree, and I ate. 13. And the Lord God said to the woman, What is this that you have done? And the woman said, The serpent beguiled me, and I ate. 14. And the Lord God said to the serpent, Because you have done this, you are cursed above all cattle, and above every beast of the field; upon your belly shall you go, and dust shall you eat all the days of your life; 15. And I will put enmity between you and the woman, and between your seed and her seed; it shall bruise your head, and you shall bruise his heel. 16. To the woman he said, I will greatly multiply the pain of your child bearing; in sorrow you shall bring forth children; and your desire shall be to your husband, and he shall rule over you. 17. And to Adam he said, Because you have listened to the voice of your wife, and have eaten of the tree, of which I commanded you, saying, You shall not eat of it; cursed is the ground for your sake; in sorrow shall you eat of it all the days of your life; 18. Thorns also and thistles shall it bring forth to you; and you shall eat the herb of the field; 19. In the sweat of your face shall you eat bread, till you return to the ground; for out of it you were taken; for dust you are, and to dust shall you return.

Samuel Field Y Adult Center

Prayer In The Bible

Additional Examples Of Non-Verbal Prayer In The Bible

Building Altars

Bereishis 12, 7-And the Lord appeared to Abram, and said, To your seed will I give this land; and there Abram built an altar to the Lord, who appeared to him.

Bereishis 46, 1-And Israel took his journey with all that he had, and came to Beersheba, and offered sacrifices to the God of his father Isaac.

Maseches Berachos 26b.-It has been stated: R. Jose son of R. Hanina said: The daily prayer services were instituted by the Patriarchs. R. Joshua b. Levi says: The Tefillahs were instituted to replace the daily sacrifices. It has been taught in accordance with R. Jose b. Hanina, and it has been taught in accordance with R. Joshua b. Levi. It has been taught in accordance with R. Jose b. Hanina: Abraham instituted the morning Tefillah, as it says, And Abraham got up early in the morning to the place where he had stood, and 'standing' means only prayer, as it says, Then stood up Phineas and prayed. Isaac instituted the afternoon Tefillah, as it says, And Isaac went out to meditate in the field at evening time, and 'meditation' means only prayer, as it says, A prayer of the afflicted when he faints and pours out his meditation before the Lord. Jacob instituted the evening prayer, as it says, And he arrived upon the place, and arrival means prayer, as it says, Therefore pray not you for this people neither lift up prayer nor cry for them, neither make intercession to Me.

Incidents In Which The Bible Relates That A Person Prayed But What He Said As Part Of His Prayer Is Not Revealed

Bereishis 25, 21. And Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and Rebekah his wife conceived.

Bereishis 30, 22. And God remembered Rachel, and God listened to her, and opened her womb.

Samuel Field Y Adult Center

Prayer In The Bible

Incidents Where You Would Expect A Prayer To Be Said But No Prayer Is Recorded In The Bible

The Binding Of Isaac

Midrash-Abraham placed Isaac on the altar. The eyes of Abraham were fixed on the eyes of Isaac and the eyes of Isaac were fixed on the heavens. Tears were falling from the eyes of Abraham to the point that he appeared to be drowning in them.

The Jeruslaem Talmud-Abraham reminded G-d that upon being commanded to sacrifice his son Isaac, Abraham could have challenged G-d since G-d had just advised Abraham that Abraham's descendants would be born from Isaac but Abraham remained silent. Abraham then asked G-d that in return for his accepting G-d's decree and not challenging it, G-d should always remember that moment whenever the Jewish People sin in the future. That is why the Jewish People remind G-d of the Binding of Isaac during their prayers on the High Holidays reminders.

Noah And The Flood

Did Noah pray that G-d not destroy the world with the Flood?

In contrast, Abraham prayed for the people of Sodom:

Bereishis 18, 20. And the Lord said, Because the cry of Sodom and Gomorrah is great, and because their sin is very grave; 21. I will go down now, and see whether they have done altogether according to the cry, which has come to me; and if not, I will know. 22. And the men turned their faces from there, and went toward Sodom; but Abraham still stood before the Lord. 23. And Abraham drew near, and said, Will you also destroy the righteous with the wicked? 24. Perhaps there are only fifty righteous inside the city; will you also destroy and not spare the place for the fifty righteous who are in it? 25. Be it far from you to do after this manner, to slay the righteous with the wicked; and that the righteous should be as the wicked, be it far from you; Shall not the Judge of all the earth do right? 26. And the Lord said, If I find in Sodom fifty righteous inside the city, then I will spare the whole place for their sakes. 27. And Abraham answered and said, Behold now, I have taken upon me to speak to the Lord, I who am but dust and ashes; 28. Perhaps there shall lack five of the fifty righteous; will you destroy the whole city for lack of five? And he said, If I find there forty five, I will not destroy it. 29. And he spoke to him yet again, and said, Perhaps there shall be forty found there. And he said, I will not do it for forty's sake. 30. And he said to him, Oh let not the Lord be angry, and I will speak; Perhaps there shall thirty be found there. And he said, I will not do it, if I find thirty there. 31. And he said, Behold now, I have taken upon me to speak to the Lord; Perhaps there shall be twenty found there. And he said, I will not destroy it for twenty's sake. 32. And he said, Oh let not the Lord be angry, and I will speak yet but this once; Possibly ten shall be found there. And he said, I will not destroy it for ten's sake. 33. And the Lord went his way, as soon as he had left talking with Abraham; and Abraham returned to his place.

Samuel Field Y Adult Center

Prayer In The Bible

Prayers Found In The Bible

Vows

Bereishis 28, 20. And Jacob vowed a vow, saying, If G-d will be with me, and will keep me in this way that I go, and will give me bread to eat, and garment to put on, 21. So that I come back to my father's house in peace; then shall the Lord be my G-d; 22. And this stone, which I have set for a pillar, shall be G-d's house; and of all that you shall give me I will surely give a tenth to you.

Va'Yikra 7, 16-If the sacrifice he is offering is based on a vow or a voluntary offering, it shall be eaten the same day that he brings his sacrifice and on the next day he may also eat the remainder of it.

Bamidbar 30, 3- If a man issues a vow to the Lord or swears an oath to bind his soul with a bond, he shall not break his word. He shall do according to all that proceeds out of his mouth.

Devarim 23, 22-When you shall utter a vow to the Lord your G-d, you shall not delay fulfilling it, for the Lord your G-d will surely require it of you. Your delay will cause you a sin.

Confessional Prayers

Va'Yikra 5, 5-And it shall be, when he shall be guilty in one of these things, that he shall confess that he has sinned in that thing;

Va'Yikra 16, 21- (On Yom Kippur) And Aaron shall lay both his hands upon the head of the live goat, and confess over him all the iniquities of the people of Israel, and all their transgressions in all their sins, putting them upon the head of the goat, and shall send him away by the hand of an appointed man into the wilderness;

Samuel Field Y Adult Center

Prayer In The Bible

The Thirteen Attributes Of G-d

Shemos 34, 5. And the Lord descended in the cloud, and stood with him there, and proclaimed the name of the Lord. 6. And the Lord passed by before him, and proclaimed, The Lord, The Lord God, merciful and gracious, long suffering, and abundant in goodness and truth, 7. Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, to the third and to the fourth generation.

Maseches Rosh Hashonah 17b-And 'the Lord passed by before him and proclaimed [etc.]. R. Johanan said: Were it not written in the text, it would be impossible for us to say such a thing; this verse teaches us that the Holy One, blessed be He, drew his robe round Him like the reader of a congregation and showed Moses the order of prayer. He said to him: Whenever Israel sin, let them carry out this service before Me, and I will forgive them.

The Priestly Blessings

Bamidbar 6, 22. And the Lord spoke to Moses, saying, 23. Speak to Aaron and to his sons, saying: with these words, you shall bless the People of Israel, saying to them: 24. May the Lord bless you, and keep you; 25. May the Lord shine His face upon you, and be gracious to you; 26. May the Lord favor you, and grant you peace. 27. And they shall put my name upon the people of Israel and I will bless them.



<p><i>Samuel Field Y Adult Center</i></p> <p>Prayer In The Bible</p>

The Sin Of Miriam

Bamidbar 12, 11. And Aaron said to Moses, Oh, my lord, I beg you, lay not the sin upon us, because we have done foolishly, and because we have sinned. 12. Let her not be as one dead, of whom the flesh is half consumed when he comes out of his mother's womb. 13. And Moses cried to the Lord, saying, Heal her now, O God, I beseech you.

The Prayer That Accompanies The Offering Of The New Fruits

Devarim 26, 5. And you shall speak and say before the Lord your G-d, A wandering Aramean was my father, and he went down into Egypt, and sojourned there with a few, and became there a nation, great, mighty, and populous; 6. And the Egyptians dealt ill with us, and afflicted us, and laid upon us hard slavery; 7. And when we cried to the Lord G-d of our fathers, the Lord heard our voice, and looked on our affliction, and our labor, and our oppression; 8. And the Lord brought us out of Egypt with a mighty hand, and with an outstretched arm, and with great awesomeness, and with signs, and with wonders; 9. And he has brought us to this place, and has given us this land, a land that flows with milk and honey. 10. And now, behold, I have brought the first fruits of the land, which you, O Lord, have given me. And you shall set it before the Lord your G-d, and worship before the Lord your G-d.

Samuel Field Y Adult Center

Prayer In The Bible

Kriyat Shma

Part 1-Devarim 6, 4. Hear, O Israel; The Lord our G-d is one Lord; 5. And you shall love the Lord your G-d with all your heart, and with all your soul, and with all your might. 6. And these words, which I command you this day, shall be in your heart; 7. And you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up. 8. And you shall bind them for a sign upon your hand, and they shall be as frontlets between your eyes. 9. And you shall write them upon the posts of your house, and on your gates.

Part 2-Devarim 11, 13. And it shall come to pass, if you shall give heed diligently to my commandments which I command you this day, to love the Lord your G-d, and to serve him with all your heart and with all your soul, 14. That I will give you the rain of your land in its due season, the first rain and the latter rain, that you may gather in your grain, and your wine, and your oil. 15. And I will send grass in your fields for your cattle, that you may eat and be full. 16. Take heed to yourselves, that your heart be not deceived, and you turn aside, and serve other gods, and worship them; 17. And then the Lord's anger be kindled against you, and he closed the skies, that there should be no rain, and that the land yield not her fruit; and lest you perish quickly from off the good land which the Lord gives you. 18. Therefore shall you lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes. 19. And you shall teach them to your children, speaking of them when you sit in your house, and when you walk by the way, when you lie down, and when you rise up. 20. And you shall write them upon the door posts of your house, and upon your gates; 21. That your days may be multiplied, and the days of your children, in the land which the Lord swore to your fathers to give them, as the days of heaven upon the earth.

Part 3-Bamidbar 15, 37. And the Lord spoke to Moses, saying, 38. Speak to the people of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a thread of blue; 39. And it shall be to you for a fringe, that you may look upon it, and remember all the commandments of the Lord, and do them; and that you seek not after your own heart and your own eyes, which incline you to go astray; 40. That you may remember, and do all my commandments, and be holy to your G-d. 41. I am the Lord your G-d, who brought you out of the land of Egypt, to be your G-d; I am the Lord your G-d.

Samuel Field Y Adult Center
Prayer In The Bible

The Ten Commandments

Shemos 20, 1. And God spoke all these words, saying, 2. I am the Lord your God, who have brought you out of the land of Egypt, out of the house of slavery. 3. You shall have no other gods before me.

4. You shall not make for you any engraved image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; 5. You shall not bow down yourself to them, nor serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of them that hate me; 6. And showing mercy to thousands of those who love me, and keep my commandments.

7. You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his name in vain.

8. Remember the sabbath day, to keep it holy. 9. Six days shall you labor, and do all your work; 10. But the seventh day is the sabbath of the Lord your God; in it you shall not do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates; 11. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the Lord blessed the sabbath day, and made it holy.

12. Honor your father and your mother; that your days may be long upon the land which the Lord your God gives you.

13. You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

14. You shall not covet your neighbor's house, you shall not covet your neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is your neighbor's.