

נועם

ה'


עבודת התפילה

Part 3



On the topic of:

"צהר תעשה לתיבה"

Igniting the words that we say



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Let's move on to the next area in our עבודת התפילה and try – בעזרה - to work on it together.

How We Say the Words

צהר תעשה לתיבה

We read every year the story of נח and the corrupt generation that he lived in. Hashem decided to destroy the world by bringing the מבול, and saved נח by commanding him to build the תיבה.

The Tzaddikim tell us that every event in the Torah is an eternal lesson which applies to every yid in every generation. What is the lesson of the מבול? How is the תיבה the solution?

מבול = Confusion

The word מבול comes from the word בלבול which means confusion. The מבול represents the confusion of the world that surrounds us in our lives. Sometimes, we feel that we are drowning in the fast paced world that we live in. Hashem's command to נח was- in essence a mission for every single Yid...

"עשה לך תיבה"

"Build for yourself a תיבה"

תיבה = Word

The תיבה can mean 'ark' but it can also mean 'word'. Hashem is saying:

"Kinderlach, the only way to survive the מבול - the confusion surrounding you- is by building your תיבה. I'm giving you beautiful words of תפילה to say, beautiful words of תורה to learn. If you can build those words in your heart, you will certainly survive."

How do we build words?

צהר תעשה לתיבה

The פסוק continues. Hashem tells נח...

צהר תעשה לתיבה

Make a light for the תיבה.

What does that mean in our discussion?

Powerful Words

We have to realize a very important fact. The words that we say during davening are not simple words at all. The words are from דוד המלך and

נועם ה'

בס"ד

the אנשי כנסת הגדולה. The words we have passed down to us are filled with tremendous deep ideas and concepts. The potential ברכות and קדושה that lies inside each and every word is beyond our comprehension. So with this command, Hashem tells us:

"Kinderlach, you want to be able to activate the kedusha in the word? צהר תעשה לתיבה. You have to illuminate them! You have to say them with all your heart and soul! If you do that, you will be saved from the surrounding מכול."

How do we light up the words?

**בא אתה וכל ביתך
אל התיבה**

We are finally up to the final step.

After all the preparations are done, Hashem tells us:

בא אתה וכל ביתך אל התיבה

Come in with your whole family into the תיבה.

The בעל שם טוב tells us based on what we've been discussing, that there's a deeper meaning here.

A person wants to illuminate the words, he wants to light up the תיבה, he needs to put his entire being into the word.

בא אתה וכל ביתך

Go with your whole essence...

אל התיבה

Into the words that you're saying.

Then you will illuminate the words and be זוכה to all of its kedusha.

This might seem like a foreign concept or perhaps a very lofty one. How are we supposed to enter inside a word? What does that mean on a practical level?

עבודה Beautiful

We have to realize that if we can really work on what we are about to say and take this concept seriously, it will completely change our עבודה and bring us to new heights in ה' עבודה.

Let's explain- בעזרת ה' - what it means practically, and offer some examples to practice with.

In simple words, the concept is to take a line of the siddur that one is about to say, and

understand what you are saying on a deeper and meaningful level. Then, when you proceed to say the words, say them with all those feelings you internalized in your heart.

A Few Examples

Let's try together to discuss a few examples so we can have a better idea of what we are trying to introduce.

Let's start with an easy example.

מודים

We all thank Hashem when we say in שמונה עשרה the beautiful words of מודים.

We thank Hashem and we say...

על ניסיון שבכל יום עמנו

*All the miracles You perform
for us each day.*

A person reflects for a minute and thinks....

*Hashem, You do so much for
me. Every aspect of my life is
complete and endless
kindness. My entire physical
life and my entire spiritual
existence, is one long
ongoing, everlasting miracle.*

*I'm healthy, I'm able to
function properly. I'm able to
walk and talk, come and go,
eat and sleep and everything
in between. My family and
friends, my פרנסה and נחת is
all from You- Hashem. My
spiritual successes, my תורה
and מצות that you allow me to
accomplish, my growth
throughout these years,
everything is from You.
Hashem, every single day,
without stop... all from You!
Thank You!*

And with all these emotions
he says...

ועל ניסיון שבכל יום עמנו

ועל נפלאותיך וטובותיך שבכל
עת!!

Everything he just thought of,
all his heart and love he has
towards Hashem, because of
everything he just thought
about, **all of that** put it into
the words, think about that
while you say those words.

Another Example

Let's give another example.
This is a little more creative.

השבינו אבינו לתורתך

We ask Hashem to bring us
back to Your תורה.

Let's light up these words.

Every person, before he came into this world, had the זכות to learn the entire תורה with a **in 9 months**. We all learnt it and had it but we all forgot it. Our job in the 120 years we have in this world is to relearn what we already once learned and "come back" to the Torah we once had.

A Yid thinks a little about this concept and begs Hashem.

Hashem, I want to come back to the תורה I once learned. I want to once again be reunited with כל התורה כולו, Help me Hashem, help me set myself up properly to have the zchus to once again have that תורה. Help me Hashem have the mind and heart to once again connect to that תורה!

And with these heartfelt emotions, he says...

השיבינו אבינו לתורתך!

Hashem! Tatte!! Please bring me back to the תורה!

Everything you just thought of think while you say those words.

That's how we fulfill בא אתה and that's how we light up these special words.

!!צדק תעשה לתיבה

Every Line

We have to realize that every single part of davening can be said like this. If we were to invest the time and energy into igniting the words we say we can maximize the experience every day.

Like we said in the past, no עבודה comes without effort. We just need to build our muscles in this area with tremendous, heartfelt effort. If we do this, then surely we will be זוכה to be saved from the מבול in our lives.

עבודה Another

There's another concept of thinking while saying the words that is extremely important to discuss.

פסוקי דזמרה

There is a חלק of davening known as פסוקי דזמרה. The focus of this part is to sing the praises of Hashem and specify the wonders of the creation. Besides for the tremendous importance that lies in praising Hashem, there is a secret method of davening hidden in these words that connects very strongly to the

concept that we have been discussing.

The idea is from the ספר אור תלמיד who was a ממאיר from מעזריטש זי"ע and בני יששכר חודש תשרי מאמר ב' אות ו'

First We Praise

ל"ח tell us that there is a specific order of how we are supposed to daven.

לעולם יסדר אדם שבחו של מקום
ואחר כך יתפלל

First, a person should praise Hashem and then daven.

Our שמונה עשרה is formatted in a way conforming to this understanding. The first three ברכות are praises of Hashem and then we proceed to ask Hashem for our needs.

There is another application of this method which we find in our davening. That is in פסוקי דזמרה. We spend time before the actual שמונה עשרה where we praise Hashem and only afterwards, do we daven for our needs.

What is the deep message behind this order?

The answer is amazing.

זמרה Means to Cut

The simple meaning of the word זמרה is song. In other words, פסוקי דזמרה means various פסוקים of songs and praises to Hashem. However, there is a deeper meaning.

זמרה also means to cut.

Like we find in מסכת שבת, the word זמר means to prune and cut out the unwanted branches.

What are we cutting during davening?

מקטריגים

Prosecutors

When a Yid stands to daven to Hashem, we have to realize that this creates a tremendous שמחה in עת רצון. There's nothing more dear and precious to Hashem then when His kinderlach daven to Him.

Since it's such a special time, there are many מלאכים who try very hard to prevent the תפילות from ascending to the הכבוד. These מלאכים are called מקטריגים - prosecutors. Their job is to make sure and do whatever it takes to stop these

from accomplishing תפילות
what they can accomplish.

Methods from *מקטריגים the*

One of the methods of the
מקטריגים how they actually
stop our תפילות is by
examining and scrutinizing
the person who is davening.

Who is this guy?

*Does he deserve to daven to
the King? Let's look into his
records to see if he is worthy
of such a special privilege!*

After an intense inspection,
the תפילה can be placed aside
in שמים until the person does a
תשובה sincere.

How can we save our תפילות?

פסוקי דזמרה

We first sing Hashem's
praises. When a yid praises
Hashem, no מקטרג has the
audacity to prevent a praise
for the King to ascend to its
proper place.

The songs of praise, in
essence, are פסוקים that are
pruning and cutting away all
the מקטריגים who are blocking
our way. Now that the path is
clear, we are able to daven for
our needs.

That's the special value of this
beautiful part of davening-
פסוקי דזמרה.

The tzaddikim take this
concept a step further, and this
connects very much with our
discussion before.

I'm Not Worthy

Sometimes a person can feel
like he's not worthy of
davening to Hashem. He feels
that the מקריגים will intercept
his request- even after a פסוקי
דזמרה. What should he do?

Secret Present

**A person should praise
Hashem and in his mind
daven for something.**

When a person praises
Hashem for being the רופא
חולים, he understands that only
Hashem has the power to heal.
He sings the words davening..

"רופא חולים"

While he's singing that praise,
he should daven in his mind
and ask Hashem...

*Please Hashem, send a רפואה
שלימה to my loved one.*

Those words ascend straight
to Hashem - because the
מקטריגים can't prevent the
praise.

Now the precious words come to Hashem- Who is the יודע מחשבות. Hashem knows our thoughts when we said the praise. So, when the words רופא חולים come forward, Hashem sees a hidden תפילה inside and it is accepted right away.

This method of davening can transform the entire פסוקי דזמרה to an unbelievable opportunity and experience.

A Few Examples

הרופא לשבורי לב

The Healer of the Brokenhearted

It's unfortunately very common in our generation to hear about emotional challenges. Many people find themselves struggling to stay happy and positive, due to various circumstances in their lives. We all know that after all the השתלות and effort one can put into this battle, the only one Who has the key to heal is Hashem.

הרופא לשבורי לב

Hashem is the Healer of the brokenhearted.

ומחפש לעצבותם

He bandages up their sorrows.

These are words of praise- not בקשה.

However, with the secret of the בני יששכר - we can turn this into a תפילה and בקשה.

A person who has these challenges in his life or knows of a loved one who is grappling with being happy comes to this הלל-ה. He praises Hashem with the understanding that He- and only He- can heal. He becomes filled with confidence in the abilities of the master of the world and sings from the depth of his soul...

"הרופא לשבורי לב"

Hashem! Only You are the Healer! Only You can spark up my life!"

And as he's praising Hashem in his mind, he cries...

"Hashem, please, I beg of u, fix my broken heart, please bandage my sorrows and help me be happy!"

That תפילה goes straight to the כסא הכבוד without being stopped.

Another example...

Have Fun!

והעושר והכבוד מלפניך

Wealth and Honor come from You

A person who is struggling with פרנסה comes to the beautiful words of ויברך דוד. He's about to say the words העושר והכבוד מלפניך. He realizes that only Hashem has the key to פרנסה. He fills himself with that knowledge and begins to sing...

"והעושר והכבוד מלפניך"

Hashem! All Parnasah comes from You!

ואתה מושל בכל

And You rule over
everything!"

And as he's singing, he thinks in his mind...

"Hashem, You're in control.
Please Tatti, send me
parnasah. Send me what I
need to serve You with peace
of mind. Help me have the
ability to provide for my
family with ease and help me
have the ability to help
others!"

The secret תפילה goes up,
together with the praise, and is
immediately accepted.

A person can use this tool and have a lot of fun with it. Think about a specific thing you need and find a praise that matches up with the request. Praise Hashem and ask from Hashem. This will completely change the way we say פסוקי דמרה and any other praise.

קבלה למעשה

Let's be מקבל together to take a specific part of davening and illuminate it with.....
בא אתה וכל ביתך אל התיבה!

#2 קבלה

Take a specific part of davening that's a שבה-a praise- to Hashem, and attach to it a specific request.

In Conclusion

א"ה if we put the proper effort into uplifting our davening, we will surely be זוכה to taste the sweetness of the siddur and all the words we say, and be תפילות to have all of our answered.