

עֲמִידָה

Amidah - Standing Prayer

Today's lesson focuses on prayer and specifically those prayers known as the "Amidah". The word "Amidah" is taken from the root that means "to stand" (עמד, *'amad*) since it is traditional to stand when one recites these prayers. The reason one would stand to pray is to show reverence to

יְיָ שֹׁפְתִי תִפְתָּח וּפִי
יִגִּיד תְּהִלָּתְךָ

The Chazzon's call for the Amidah:

"O Lord open my lips and my mouth will declare Your praise"

God and to keep one's mind focused. Often when we sit and get comfortable our mind wanders and we forget what we were praying about and to Whom we were praying.

Some of the prayers in the "Amidah" existed before the time of Yeshua and were probably alluded to by Him in the Gospels. After Yeshua arose and ascended back into heaven to be with the Father, His disciples continued to make the traditional prayers a part of the Torah Communities they founded. In Acts we hear the disciples of Yeshua saying that they would give themselves to the word (meaning the Bible) and to *the Prayers*. The fact that they say *the Prayers* means they were talking about prayers everyone knew, and this most likely refers to liturgical prayers similar to the "Amidah."

Prayer is one privilege that we as human beings have over the animals. We can talk with God through prayer and know that He listens to those who are His children.

There are eighteen prayers in the "amidah" (a nineteenth was added later) and in this lesson we will focus on the first nine. The first prayer blesses God for the covenant and for sending our Messiah, Yeshua. The second blesses God for His resurrection power. The third prayer praises God for the holiness of His character. The fourth and fifth prayers ask God for knowledge, especially as one studies the Torah. The sixth, seventh and eighth prayers ask God for repentance, redemption and healing. The ninth prayer asks God for rain so that there is plenty of food to feed the people.

As can be seen, the topics addressed in the "Amidah" have their focus on the most important things of our lives. Prayers such as these were likely prayed three times a day by devout Jews (note that Daniel prayed three times a day). God invites us regularly to commune with Him in prayer and these prayers provide an outline of the topics which are close to the heart of God.

Amidah - Lesson 1

The Eighteen Benedictions

O X W I J I E C B A H E X I D S L K S V M V X Q T
 Z H D O X E D U K Q K C I E P A T A Z I D D N U C
 Z M N W U E R Q C U F V V R Y V E L G R D Q H M B
 D M A I D P T U O P N W I S X L H Y G A D Z S J B
 L F Y H D B F P S E S R R E U N E E T E N I N E E
 Y X N Z A E R V Q A A Q A I F F O J M W T G M S N
 E X I G U R N M V H L T A E G V Y F J Q T U D I E
 C E M U V Z B P V W I E M N T U A J R A P E C F D
 N D D H N M D A X R Z K M O W T T J K B G B B H I
 E P Y W P S D N A E X C K M V Z G N O Z Z A H C C
 R H H N N C L H Z H Y Y D E L H G S R E Y A R P T
 E D E M Q F C V Y W L R N H U A S C E A S I N G I
 V D E J M A B F D V B O A S D H S A N W B P Y H O
 E E R F H R S Z S R O L T C P C E L G S R J L W N
 R Y H S G E C B Y U A G S R Q N L P K V H R M E S
 T M T M L N K P T G T W A K V I B A P O Q K F H H
 O I Z Q Z T D A E G L Y W H S M N O K Y G H O S E

BENEDICTIONS

PRAY

ABRAHAM

MINYAN

CHAZZON

SHACHARIT

MINCHAH

MAARIV

PRAYERS

STAND

SHEMONEI ESREI

NINETEEN

THREE

REVERENCE

JERUSALEM

CEASING

BLESS

GLORY

HELP

DRAW



