

## ROOTED IN REALITY

We are provided with a protocol that directs the way in which we are to approach prayer. Like the doctor treating his patient, a person does not know whether he will receive the outcome for which he prays. However, one sage provides the steps to follow that ensure the most effective prayers possible.

*Kavannah*/Heart Intent is an essential ingredient in the plan, and other Jewish writings provides a clear description of exactly what one must envision before focusing on the *kavannah* for the *Amidah*.

*...He should bear in mind that he is standing before the King of kings, the Holy One, Blessed is He, Who investigates every thought...He must reflect on matters that subdue the heart and direct it toward one's Father in Heaven.*

In, short, one is instructed to speak to God as if he is speaking to the King, Who is also his Father. The essential part of the “protocol” of prayer enables an unimaginable Being to strike a chord of reality in the human heart.

Throughout Torah, this is an approach that is utilized to give people the power to feel that which they cannot fully comprehend. Serve Hashem with awe. Serve Hashem with joy. These two seemingly opposite emotions can operate in tandem as one approaches prayer. However, there is still a great gulf between feeling the words “awe” and “joy” and finding them in one’s heart in a way that is genuine.

By simply fanning the live embers that reside in every person’s heart – that Hashem is both our “father” and our “King” – one can cause the *kavannah* prescribed in the writings of the sages to burst into full flame.

## POINTS TO PONDER

***Kavannah is an essential ingredient in the plan to ensure the most effective prayers possible.***

***Thoughts that are within the realm of human experience help people develop sincere kavannah.***

**Proverbs 20:27 The spirit of man is the lamp of the LORD, searching all his innermost parts. (ESV)**