

## THE POWER OF EMUNAH (FAITH) AND BITACHON (TRUST)

A person who prays with a heart full of sincere trust that the Almighty manages all occurrences in life merits the Holy One's acceptance of his prayers, even if in others ways he may be unworthy. Indeed, one who prays without *emunah* is deceiving himself. As one sage wrote: "because of *tefillah* (prayer) itself one should not think that the Almighty will answer him...it is only because of the aspect of *emunah* and *bitachon* that exists in *tefillah* that one can trust that his prayers will not be returned empty."

One who prays with true *emunah* expresses his heart's longings to the Almighty with full faith that he is speaking to the only One Who can answer him.

A strong, vibrant *emunah* rouses our hearts and injects our prayers with deep sincerity. It motivates us powerfully to pray, for we truly feel we are doing what must be done to sustain our lives.

For a person with *emunah*, every opportunity to daven (pray) is a blessing to the one praying for others as well as himself. He is so sure, so filled with anticipation at the chance to draw down the Almighty's mercy, that nothing can hold him back. His are prayers marked clearly with an address, and therefore, they arrive safely at their destination.

### POINTS TO PONDER

***Emunah and tefillah are tightly intertwined.***

***Having emunah is a merit that enables one's tefillot (prayers) to be accepted, even when one is unworthy.***

***Job 33:26 He prays to God and is accepted by Him; He enters His presence with shouts of joy, For He restores a man for his righteousness. (TNK)***