

STUDENT WORKBOOK

for **TEFILLAH & EMUNAH**

THE
EZRA & LAUREN
KEST
TEFILLAH PROJECT


TorahLive

LOOKING FOR THE TRUTH

1

We learned that it is an obligation to search out and know that God exists. As every person is different, having different strengths and interests, every person relates to God in a different way. Give two proofs, that resonate with you, that God exists:



2

How does living a life of emunah give a person the power and strength to withstand life's challenges?



LOOKING FOR THE TRUTH

3 One way to know that God created the world is to recognize the great wisdom in His creations. List and describe three things that you recognize were created with great wisdom that display to the world that Hashem created them.

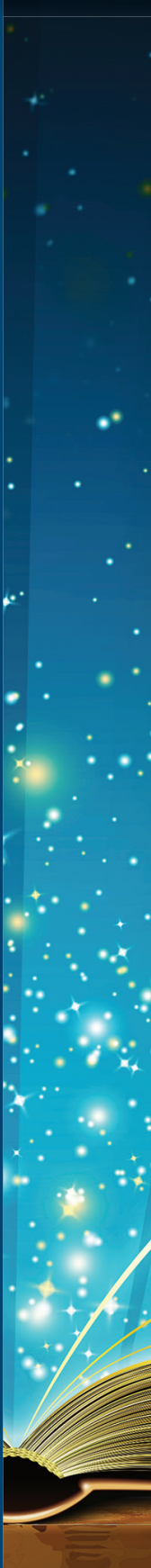
Three sheets of lined paper for writing answers.

4 We have discussed numerous strategies a person can use to recognize God and build his or her emunah. List two ideas that strengthen your emunah and give specific examples:



Three horizontal lines for writing answers.

Two horizontal lines for writing answers.



THE POWER OF THE MITZVOT

1

What is the reason that a person who is commanded and does it, is greater than one who is not commanded and does the same thing of his own free will?



2

How does the performance of a mitzvah connect us to God?



THE GREATEST PLEASURE THERE IS

1

What are the “Ingredients of a Good Life”?

Give each of the the following traits a number from one being most important to five being least important. Two or more traits can have the same number.

- Helping others
- Pleasure / Happiness
- Loving Relationships
- Honor
- Serving the Jewish People
- Having a relationship with God

2

Why are you in this world? Why did God make you and put you in this world?



THE GREATEST PLEASURE THERE IS

1

THINK, PAIR SHARE.

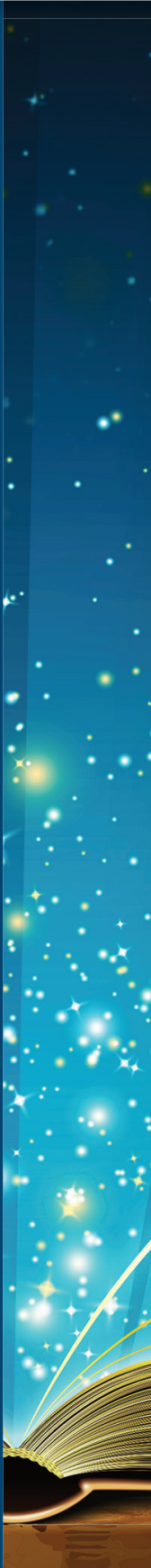
We have seen that the way to strengthen our love of God is by knowing Him, meaning understanding His ideas and His creations. Your love is proportionate with your knowledge. However much you know of Him, that's how much you can love Him.

The greater the knowledge, the greater the love. The greater the love, the greater the pleasure.

Using the Think, Pair and Share technique, think for two minutes about at least five different ways that you know Hashem. Take three minutes and write down your thoughts. Finally, share these thoughts with your partner.



A large yellow notepad with a torn top edge and horizontal blue lines for writing. The notepad is positioned in the lower half of the page.



THE ILLUSION

1

Name two aspects of This World that are an illusion:

2

Think about and describe how you felt the last time you went on a trip to a beautiful place. Explain the reason that you felt this way.



THE ILLUSION

3

What is the relationship between This World and the World to Come?





THE CHALLENGE



Write ten mitzvos that you do on a daily basis. Examples could include saying krias shema, tefillin, tzitzis, honoring parents, keeping kosher, Shabbos, etc. Next on a scale of 1-5, five being the highest, fill in how much exertion and concentration you put into each mitzvah.

MITZVAH

EXERTION & CONCENTRATION

THE CHALLENGE

2

Write which mitzvos you have chosen and your plan of how you can exert more concentration or effort into making each one more meaningful.

A large, rectangular yellow notepad with a torn top edge. It features seven horizontal blue lines for writing. The notepad is set against a white background.

CHOOSING THE GOOD

1

Why does God hide the truth?
Why doesn't He just give us all
the answers and we will know
what to do?



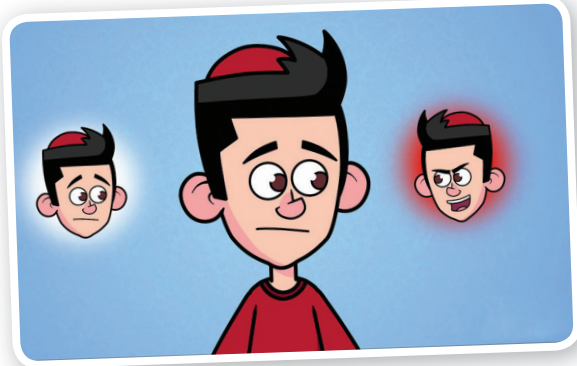
2



Define the term “nehama
d’kisufa” or bread of shame:

CHOOSING THE GOOD

3



Think about and write down a time when you worked to overcome the yetzer hara and “earned” something spiritual:

4

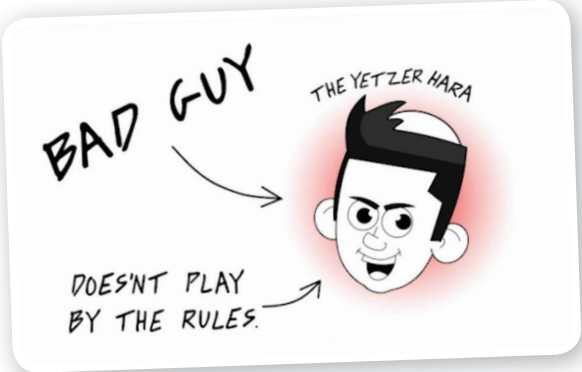
If God created us and placed us in this world in order to have a relationship with Him, why didn't God just create us in such a way that we can go straight to the goodness?



YETZER HATOV & YETZER HARA

1

If God wants us to have a relationship with Him, why did He give us a yetzer hara that pulls us away from Him? It seems that the yetzer hara gets in the way and spoils everything.



2



Give 3 examples of how the yetzer hara makes your life too busy to sit and contemplate your actions and develop your character:

YETZER HATOV & YETZER HARA

3

Explain how the yetzer hara creates illusions:



4

Explain how advertisements are detrimental to your happiness:

5



Give 3 examples of how the yetzer hara makes your life too busy to sit and contemplate your actions and develop your character:

THE EMUNAH CHECKLIST



Think about and write down a problem that you have experienced in the last 24 hours and how you dealt with it without emunah:

Problem:

How I Dealt With the Problem:

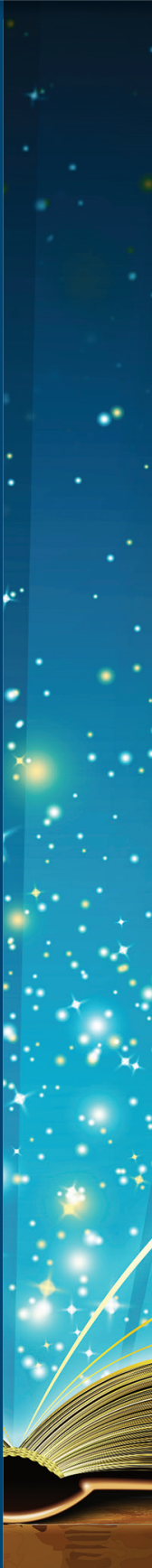
THE EMUNAH CHECKLIST



Next, fill in how you can apply the emunah checklist to this problem. God knows what He is doing:

How can this bring me closer to God?

Write how you would have acted differently dealing with your problem had you acted with emunah.



THE GIFT OF DIFFICULTY

1

In what ways are you unique? What unique talents do you have?

2

How have these talents brought about happiness?

3

How can you serve God and form a bond with Him in your own unique way?

WHY DO BAD THINGS HAPPEN?

1

When a person is harmed by another, how does having emunah help a person deal with ill feelings towards the perpetrator?



2



How does having emunah help a person not have feelings of revenge?

3

How does having emunah take away the second-guessing that occurs after a tragedy happened?



WHY DAVEN IF GOD KNOWS?

1 How does a prayer, even a short one, change who you are?



2



What is the reason that when you are healthy, you should pray for health and when you have money, you should pray that you continue to have money. Why do our rabbis say that when things are good, that is the proper time to daven?

3 If everything is ordained by God and we only get what is coming to us, then why do we ask God for things?



PROPHECIES REVEALED

3

How do prophecies help build emunah?



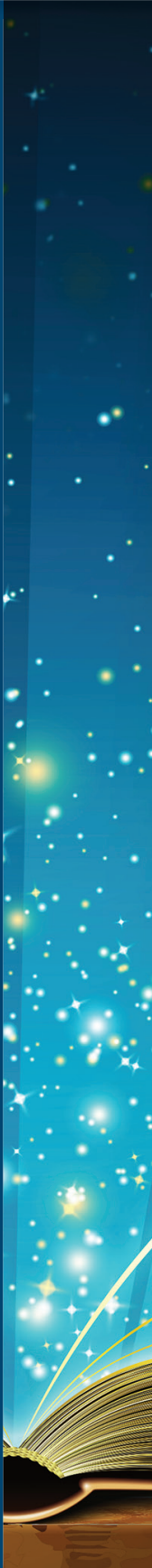
4

Why would the Torah predict eternal survival for the Jewish people?

5



What is the reason that as long as the Jews are living in the land of Israel, the land remained fertile and as soon as the Jews leave, the land became a desert and no other nation was able to cultivate it?



TALKING TO GOD IN YOUR OWN WORDS

1

How do we perform the mitzvah of וְעַבַדְתֶּם אֶת ה' אֱלֹהֵיכֶם and you should serve Hashem, your God?

2



Before the time period of the Anshei Knesses Hagedolah how did people daven?

3

What changes did the Anshei Knesses Hagedolah make and why?



TALKING TO GOD IN YOUR OWN WORDS

4

Explain how a personal prayer has the possibility to be stronger than a formal, scripted prayer:



5

We spoke about speaking to God about all aspects of our lives. Make a list of things to speak about with God on a daily basis. Think about the big things in your life, the small things and everything else in between. Write them below and refer back to them throughout the course of the next week.



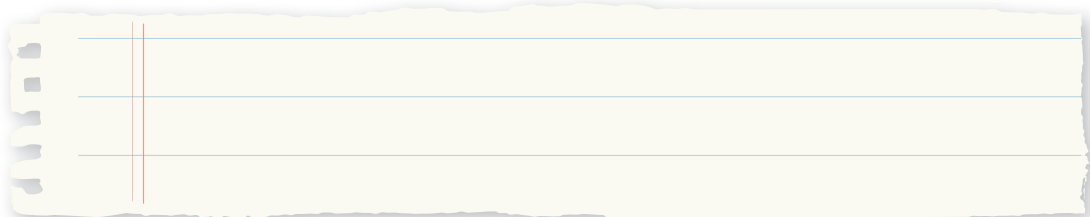
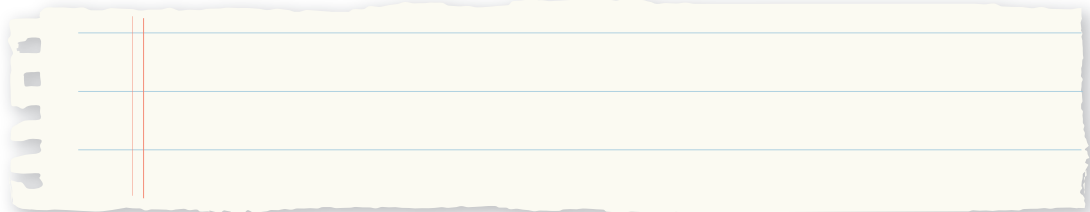
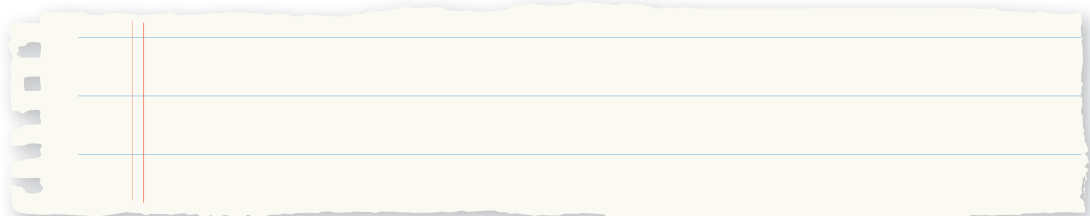
THE POWER OF TEFILLAH #1

1

List three obstacles that give you “The Prayer Book Blues.”

2

Next to each obstacle write how a Master of Tefillah can overcome that impediment.



3

Explain how we benefit from each of the following parts of tefillah:

שבח - Praises _____

בקשה - Requests

הודאה - Thanking

THE POWER OF TEFillAH #2

1

Explain how tefillah is a relationship with our Creator:



2

How can you tap into your inheritance of tefillah?



3

When a person prays for something and it seems like his prayers were not answered, what two ideas should he keep in mind?



TALKING TO HASHEM



Take a few moments to think about what you are grateful to God for and what you would like to pray for on both a personal and national level. Write 3 or 4 tefillos of hodaah (gratitude) and bakasha (needs).



A large yellow rectangular area with a torn top edge, containing 18 horizontal blue lines for writing.

TALKING TO HASHEM

2

Using your siddur as a guide, examine the Shemoneh Esrei to find the best places to insert those needs and write them next to the appropriate bracha.

אבות — אֱלֹקֵי אַבְרָהָם _____

גבורות — אֶתָּה גִבּוֹר _____

קדושת השם — אֶתָּה קְדוֹשׁ _____

בינה — אֶתָּה חוֹנֵן _____

תשובה — הַשִּׁיבֵנו אֱלֹהֵינוּ _____

סליחה — סַלַח לָנוּ _____

גאולה — רַחֵם _____

רפואה — רַפְּאֵנוּ _____

ברכת השנים — בְּרַךְ עָלֵינוּ _____

קיבוץ גלויות — תְּקַע בְּשׁוֹפָר _____

דין — הַשִּׁיבָה שׁוֹפְטֵינוּ _____

ברכת המינים — וְלַמְלָשִׁינִים _____

צדיקים — עַל הַצַּדִּיקִים _____

בנין ירושלים — וְלִירוּשָׁלַיִם _____

מלכות בית דוד — אֶת צִמְחַת דָּוִד _____

קבלת תפלה — שְׁמַע קוֹלָנוּ _____

עבודה — רַצֵּה _____

הודאה — מוֹדִים _____

שלום — שְׁוֵם שְׁלוֹם _____

