

# 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"

יְיָ שֹׁפֵט יִתְפַּח וּפִי  
יְגִיד תְּהִלָּתְךָ

*The Chazzon's call for the Amidah*

(עמד) since it is traditional to stand when one recites these prayers. The reason one would stand to pray is to show reverence to G-d 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 Who we were praying to.

Some of the prayers in the "Amidah" existed before the time of Yeshua and were probably quoted 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 Congregations they founded. In Acts we hear the disciples of Yeshua saying that they would give themselves to the word (meaning the Bible) and *the* Prayers. The fact that they say *the* Prayers means they were talking about prayers everyone knew, and this most likely refers to the "Amidah."

Prayer is one privilege that we as human beings have over the animals. We can talk with G-d 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 this week we will focus on the first nine. The first prayer blesses G-d for the covenant and the provision of the Messiah. The second blesses G-d for His resurrection power. The third prayer praises G-d for the holiness of His character. The fourth and fifth prayers ask G-d for knowledge, especially as one studies the Torah. The sixth, seventh and eighth prayers ask G-d for repentance, redemption and healing. The ninth prayer asks G-d 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 serious things of G-d. These prayers were most likely prayed three times a day by devout Jews (note Daniel prayed three times a day) and can still be heard wherever Jews pray today. G-d invites us to speak with Him and these prayers provide a time honored outline of the topics which are close to the heart of G-d.