

# קְבִילַת תְּפִלָּה

*The One Who Accepts Prayer*

The sixteenth Benediction of the Shemonei Esrei is the prayer acknowledging that the G-d of Avraham, Yitzchak, and Yaakov is the G-d Who receives and answers prayers. Unlike the pagan gods (who are actually demons) who only deceive people into believing that they will help them, the One true G-d hears the prayers of His people and answers them for His glory and their good.

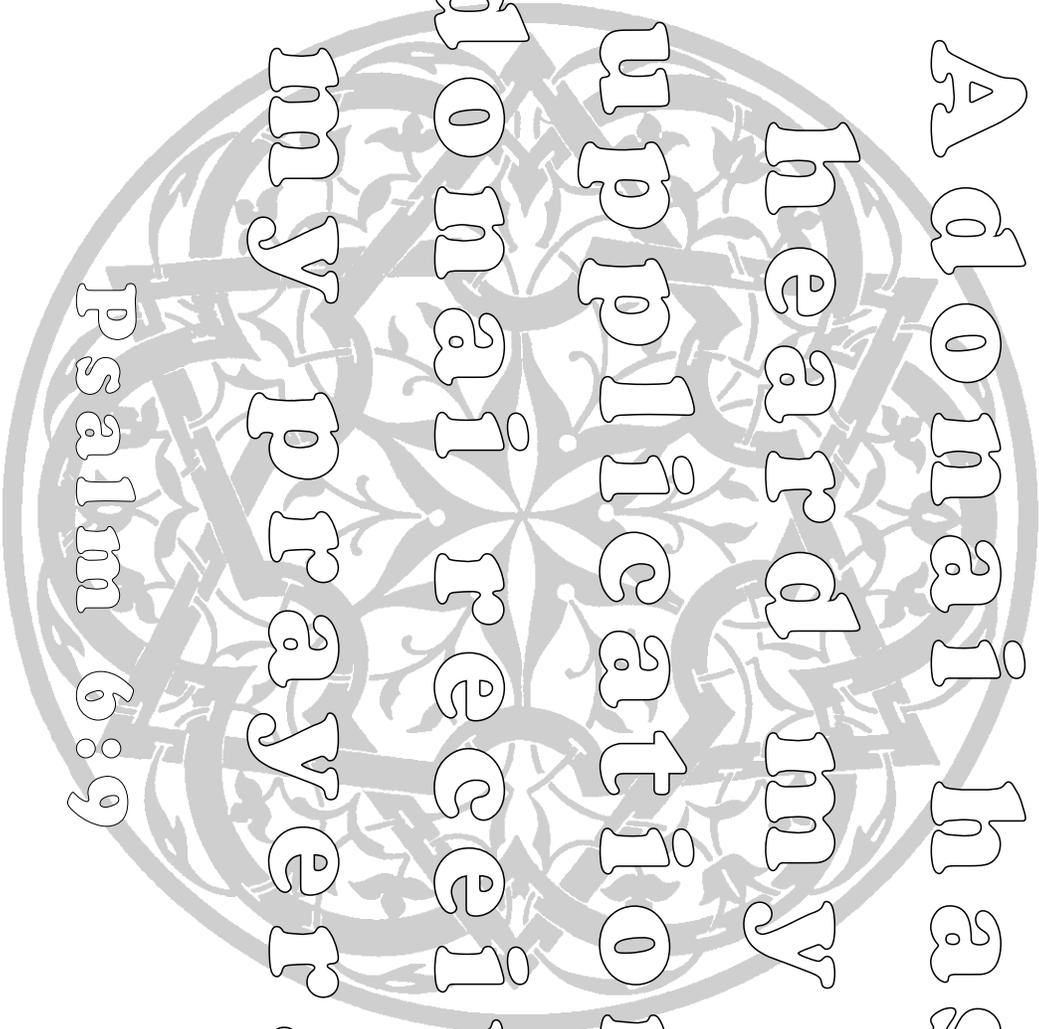


Prayer is a wonderful gift, for it allows the worshiper to address his or her Creator, and to communicate together with Him. Therefore, when we pray, we set ourselves to concentrate on the prayer. We call this *kavanah* (קְבִינָה). We therefore prepare for prayer by setting aside those things that distract us, and getting our minds and spirits ready to have a conversation with the Almighty—to bless Him for His greatness, love, and grace, as well as to express our own desires and needs.

The pattern of the Shemonei Esrei is instructive for the overall understanding of prayer. The first 3 benedictions enumerate the attributes of G-d, and praise Him for Who He is. The next 3 benedictions seek healing of spirit and body in order that the one praying might enter into prayer with a full heart of praise and understanding. The next benedictions (#7-15) have the whole family of G-d in view, asking for corporate protection and salvation. The final benedictions (#16-19) ask for the return of G-d's presence among us, and for the gracious reception of our prayers, along with thanksgiving to G-d. This sets the pattern, then, for prayer in general: Praise, Requests, Thanksgiving. This same pattern is followed in the pattern of prayer Yeshua taught His disciples. Here is the 16th Benediction:

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Hear our voice, Adonai, our G-d;  
spare us and have compassion on us, and accept our prayers  
compassionately and willingly,  
for You are Almighty Who hears prayers and supplications;  
And from Your Presence, our King, do not turn us away empty-handed,  
for You hear the prayers of Your people, Israel, with compassion.  
Blessed are You, Adonai, Who hears prayers.



A donai has  
heard my  
supplication,  
Adonai receives  
my prayer.

Psalms 6:9