

**“Most of my struggles in the Christian life circle around the same two themes: why God doesn’t act the way we want God to, and why I don’t act the way God wants me to. Prayer is the precise point where those themes converge.”**

☞ Philip Yancey

***“We have imagined Your loving kindness, Elohim, from within Your sanctuary.”***

☞ Psalm 48:9

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## ***Kavannah* (כוונה)**

**“Intention, concentration, attention, devotion”**

- Clean hands and a pure heart
- Enter into the Sabbath
- Set yourself apart for prayer

***“We cannot make Him visible to us, but we can make ourselves visible to Him.”***

☞ R' Abraham Joshua Heschel