

The first step is the most important. It is the most crucial and the most effective as it will initiate the direction you have chosen.

Steve Backley

STEP 1:

STEP 2:

STEP 3:

STEP 4:

GOAL: The Carrying Out of God's Plan

STEP 1:

STEP 2:

STEP 3:

STEP 4: Altering the World's Course
(Engaging in tikkun olam)

GOAL: The Carrying Out of God's Plan

STEP 1:

STEP 2:

STEP 3: Doing Good & Resisting Evil
(Changing our behavior)

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GOAL: The Carrying Out of God's Plan

דבקות

(devekut - clinging to)

root: דבק *(davak)*

Genesis 2:24:

For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.

STEP 1:

STEP 2: Making Ourselves See
(Transforming our minds)

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Acts 2:42:

They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to the Prayers*.

**Amidah*

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Acts 2:42:

They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Acts 1:14:

These all with one mind were continually devoting
themselves to prayer...

Acts 6:4:

But we will devote ourselves to prayer and to the ministry of the word.

Romans 12:12:

...rejoicing in hope, persevering in tribulation, devoted
to prayer...

1 Corinthians 7:5:

Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

Colosians 4:2:

Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving...

προσκαρτερέω

(proskartereō - adhere to)

STEP 1: *Liturgy (The Prayers)*

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(Transforming our minds)

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In their origin and structure, the words and rituals of the liturgical service are merely prods to move the mind of the worshipper through an odyssey of the mind, a sequence of visualizations and mental transformations that, in the end, leave the worshipper mentally fortified to do good deeds and resist the temptation toward evil until he or she prays again and is fortified again... Prayers are signposts on a mental journey that leads to devekut, a state of mind in which we find it easier to perform God's commandments and to resist the daily temptation to break them.

Arnold S. Rosenberg, Jewish Liturgy as a Spiritual System

Amidah

Entering God's throne room!

PRAISING GOD

1. **Avot** (Fathers)

Our connection to our forefathers and relationship to God. We respect and comprehend ourselves, and visualize our ancestors to engender pride.

PRAISING GOD

2. Gevurot (Wonders)

The cycle of life and creation--and that we are but a part (yet a part we are) of a larger story.

PRAISING GOD

3. Kedusha (Holiness)

*We are rising above nature, and reaching for
the spark of the divine within ourselves.*

THANKSGIVING

17. Avoda (Service)

We are like a servant about to take leave of the king who has just given us a gift.

THANKSGIVING

18. Hoda'ah (Thanksgiving)

We servants bowing to the king while taking leave to say thank you for favors granted, in the same manner as telling someone “thank you, in advance.”

THANKSGIVING

19. Shalom (Wholeness)

We end the mental journey of the Amidah with a vision of a world made whole. By requesting peace for Israel it follows that that is only possible if the rest of the world is finally whole.

**Why do this
corporately?**

Because spiritual
transformation is
hard work.

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