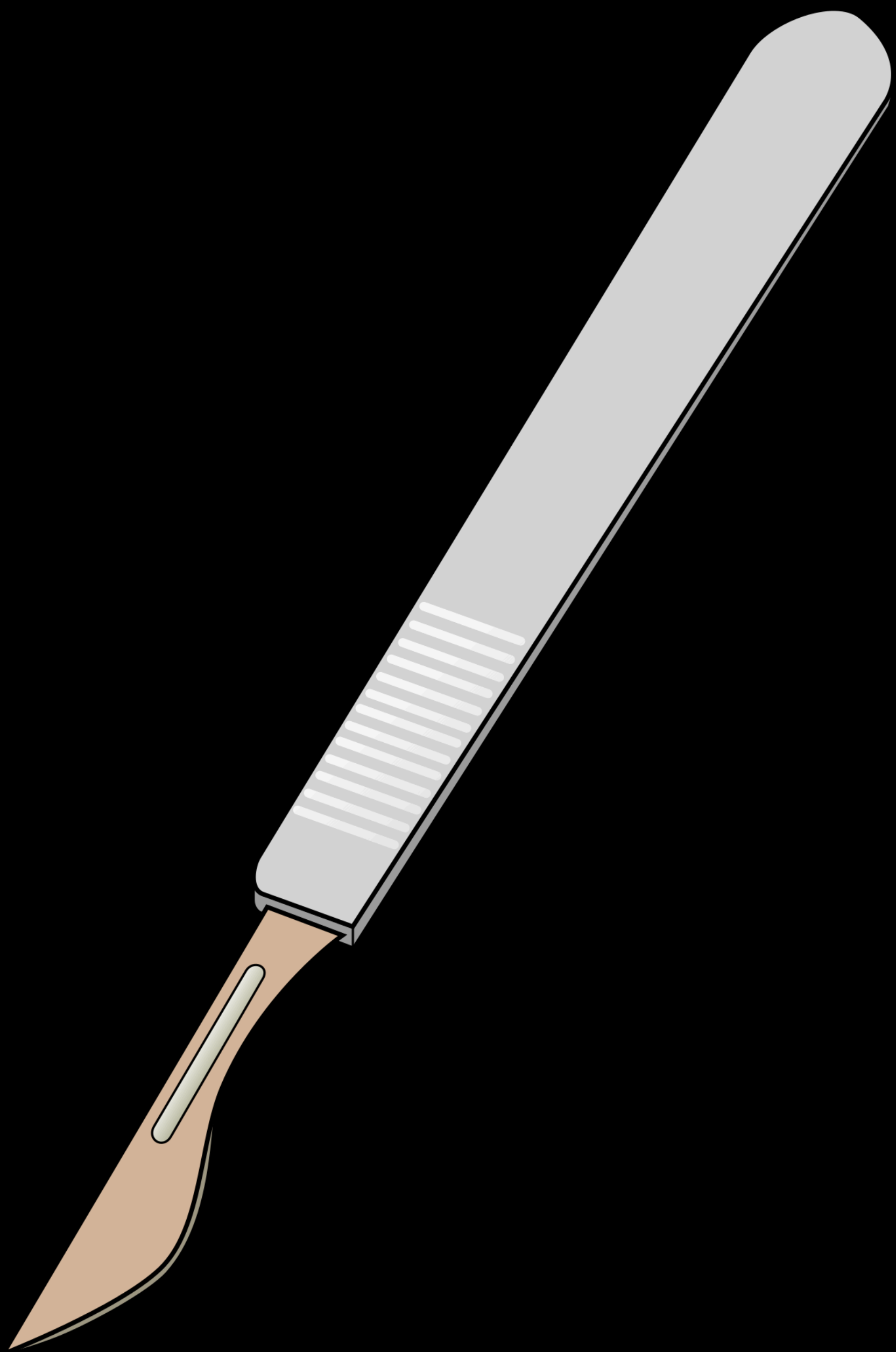
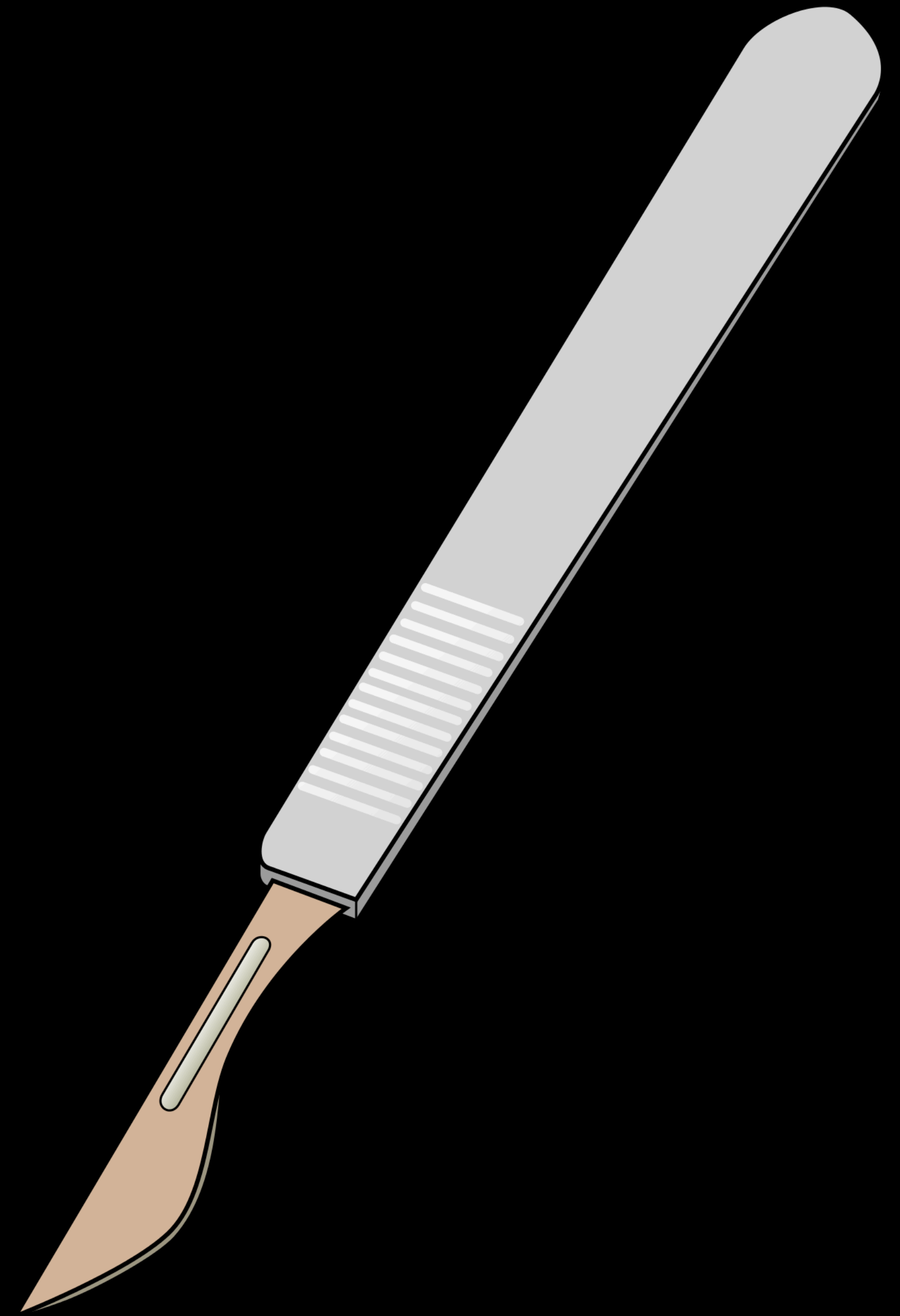


**So what's the  
deal with liturgy?**





The liturgy is a precision instrument  
crafted and honed over thousands of  
years with the fundamental function  
of directing our souls toward the Divine.



# Review Part 1

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**

**STEP 1:** Liturgy *(The Prayers)*

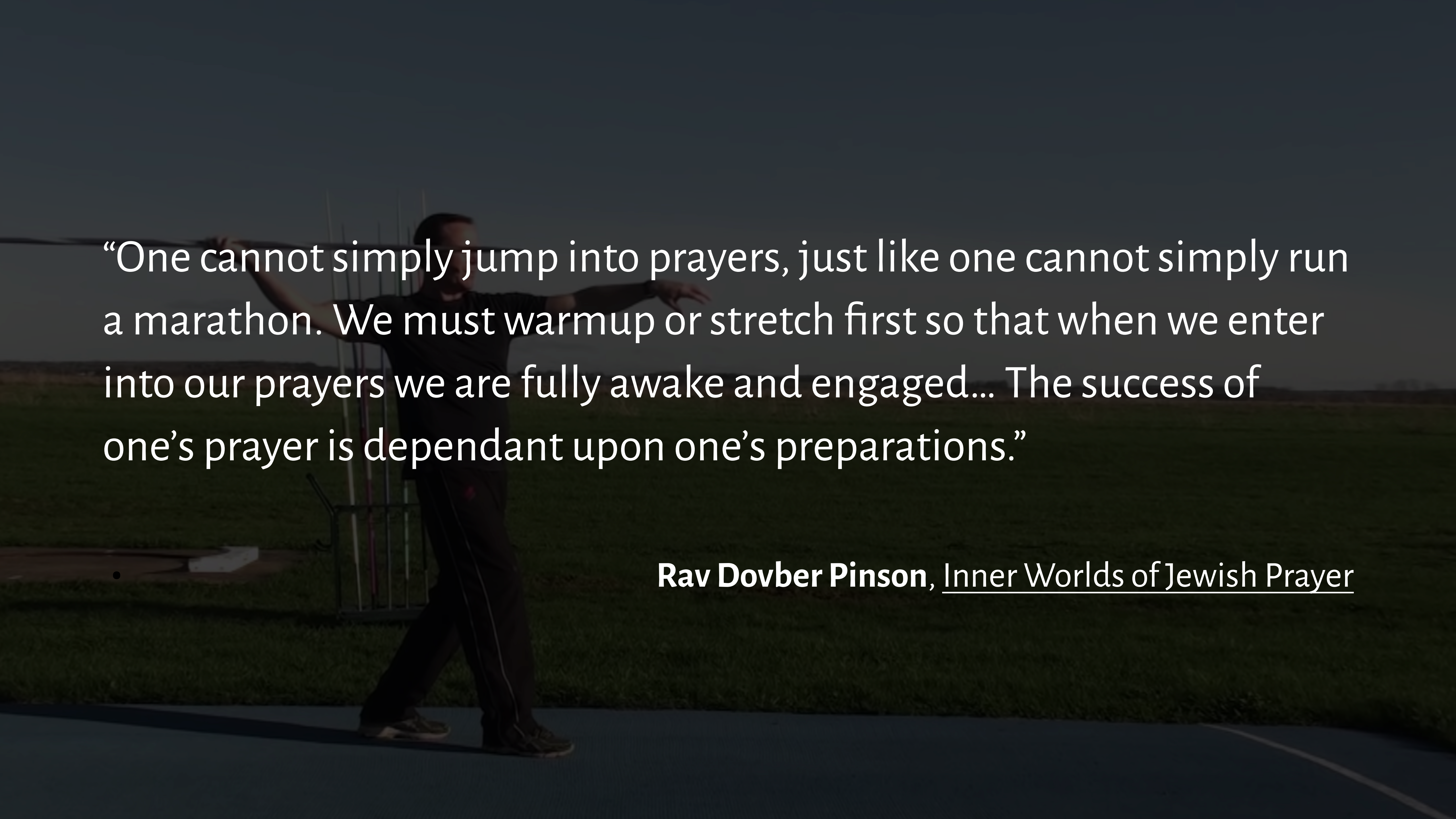
**STEP 2:** Making Ourselves See  
*(Transforming our minds)*

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

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

**GOAL:** The Carrying Out of God's Plan





“One cannot simply jump into prayers, just like one cannot simply run a marathon. We must warmup or stretch first so that when we enter into our prayers we are fully awake and engaged... The success of one’s prayer is dependant upon one’s preparations.”


**Rav Dovber Pinson**, Inner Worlds of Jewish Prayer

# The Physical Aspects of Liturgy



[www.PraiseInMotion.net](http://www.PraiseInMotion.net)

Hide it under a bushel



[www.PraiseInMotion.net](http://www.PraiseInMotion.net)

NO



[www.PraiseInMotion.net](http://www.PraiseInMotion.net)

# Deep Breath

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# Niggun

---

*Wordless tune...*

**Hareini Mekasher** (I Hereby Join)

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# *Hareini Mekasher*

I hereby join myself to the Master, Yeshua the Messiah, the Righteous One, who is the Bread of Life and the True Light, the source of eternal salvation for all those who hear Him.

Like a branch that remains in a vine, so  
may I remain in Him, just as He also  
remains in the Father and the Father in  
Him, in order that they may remain in us.

And I hereby receive upon myself His yoke,  
to love *ADONAI* our God with all of my  
heart, with all of my soul, and with all of my  
strength, and to love my neighbor as myself.

May the grace of the Master, Yeshua the  
Messiah, the love of God and the fellowship  
of the Holy Spirit abound to us.

# Barchu

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*We establish our prayer community. Prayer is reaching its culmination. We have a sense of anticipation as we symbolically enter God's presence.*

# Mah Tovv

---

*We undergo a mental transformation, putting  
the daily routine out of our minds.*

# Adon Olam

---

# *Adon Olam*

*Adon olam, asher malach,  
Beterem kol yetzer nivra.  
Le'et na'asoh vecheftzo kol,  
Azai melech shemo nikra.*

Lord of the world, who reigned as King  
Before creating everything,  
And at the moment all was made,  
Then was His name as King proclaimed.

And after all comes to an end,  
The Awesome One will be sovereign;  
He was and He remains to be,  
He will remain, with majesty.

He is but One, and none exist  
To equal Him or to assist;  
Without beginning, without end,  
Authority belongs to Him.

My Redeemer lives; He is my God.

He is my Rock when times are hard.

A banner and a safe haven,

My portion when I call to Him.

I give my spirit to His hand

When I lie down, and I will stand,

And with my flesh, my soul will be;

I do not fear; the LORD's with me.

In His Temple I will sing;

He sends us our Messiah King,

And in His house rejoice again

Before the Awesome One, **Amen.**

# Yotzer (Former of light)

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*We visualize ourselves ascending Mount Sinai,  
approaching the Presence, reaching a pinnacle  
in time from which all of history is revealed to  
us.*

# Ahava Rabbah (Blessing of Torah)

---

*We visualize ourselves atop Mount Sinai about to receive the revelation of the Torah from God. We have ascended the mountain; now we bless what we are about to receive.*

# Shema (Listen)

---

*We visualize ourselves receiving the Torah from God on Mount Sinai... The span of history, from the distant past to the end of time, is visible from our temporal height.*

# **V'Ahavta** (And You Shall Love)

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# V'Haya Im Shamoa

(And It Shall Be)

---

# V'Yomer Adonai

(And Adonai Spoke)

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# Blessing After the Shema

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*We now attempt to achieve the kind of unity of mind that eh Jews have achieved only once before.*

**Emet V'Yatziv** (True and Enduring)

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# **Mi Chamocha** (Song of The Sea)

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# Tzur Yisrael (Rock of Israel)

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# Amidah

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*We approach God bowing, as if in the presence of a ruler.*

PRAISING GOD

## 1. **Avot** (Fathers)

---

*We begin by visualizing the Patriarchs and gaining self-confidence from their example.*

PRAISING GOD

## 2. Gevurot (Wonders)

---

*We visualize the natural cycle of birth and creation, death and renewal, that links our ancestors to us. We transcend **time**.*

PRAISING GOD

### 3. Kedusha (Holiness)

---

*Then we visualize the supernatural, and become for a moment angels in heaven. We transcend space.*

# Isaiah 56:6-7 (And the foreigners...)

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# *Isaiah 56:6-7*

And the foreigners who join themselves to  
Adonai to minister to You and to love the  
Name of Adonai, to be Your servants, all  
who keep the Sabbath from being profaned

and who hold fast to Your covenant, You  
will bring to the mountain of Your Holy  
Place, and You will make them glad in Your  
House of Prayer.

THANKSGIVING

## 17. Avoda (Service)

---

*We visualize a united Israel, gathered once again at the temple in Jerusalem. A joyous occasion!*

## THANKSGIVING

### 18. Hoda'ah (Thanksgiving)

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*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. Sim Shalom (Wholeness Blessing)

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*We finally reach the crown of our vision: 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.*

# Messianic Confessions

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*Phil 2:5-8 / 1 Tim. 3:16 / Titus 2:11-12*

*Humility / See Clearly / Grace*

# **Avinu** (Our Father)

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# Ashrei (Fortunate)

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# **Aleinu** (It is Our Duty)

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*End of the Service*

# Mourners Kaddish

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*The first mitzvah!*

# Aaronic Benediction

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*From God Himself*

# Tachanun

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*2nd Prayer Service*

