



HOW DO I LIVE INTENTIONALLY IN A POST-OCT 7TH WORLD?



Mishneh Torah, Prayer and the Priestly Blessing 4:15

Proper intention [Kavana]: How does one attain it? Any prayer that is not [recited] with proper intention is not prayer. If one prays without proper intention, one must repeat the prayers with proper intention. One who is in a confused or troubled state may not pray until one composes themselves. Therefore, one who comes in from a journey and is tired or irritated is forbidden to pray until one composes themselves. Our Sages taught that one should wait three days until one is rested and one's mind is settled, and then one may pray.

משנה תורה, הלכות תפילה וברכת כהנים ד'ט"ו

(טו) כְּנֻת הַלֵּב כִּיצַד. כָּל תְּפִלָּה שֶׁאֵינָה בְּכֻנָּה אֵינָה תְּפִלָּה. וְאִם הִתְפַּלֵּל בְּלֹא כֻנָּה חֹזֵר וּמִתְפַּלֵּל בְּכֻנָּה. מִצָּא דַעְתּוֹ מְשֻׁבֶשֶׁת וְלִבּוֹ טְרוּד אָסוּר לוֹ לְהִתְפַּלֵּל עַד שֶׁתִּיָּשֵׁב דַּעְתּוֹ. לְפִיכָּה הֵבֵא מִן הַדֶּרֶךְ וְהוּא עֵיף אוֹ מִצָּר אָסוּר לוֹ לְהִתְפַּלֵּל עַד שֶׁתִּיָּשֵׁב דַּעְתּוֹ. אָמְרוּ חֲכָמִים יִשְׁהֶה שְׁלֹשָׁה יָמִים עַד שֶׁיִּגְוַח וְתִתְקַרֵּר דַּעְתּוֹ וְאַחֲרַי כִּי יִתְפַּלֵּל:

Discuss:

- Maimonides says, any prayer said without *kavanah*, intentionality, is not prayer. Why do you think prayer is what this text focuses on? How can you tell when you are being intentional? How about when something in your life requires more intention?
- What is your reaction to the idea that if a person is in a confused or troubled state they must not pray until they take three days to rest? When, if ever, would it be possible to apply this rule to your life?