



## TEFILLAH... JUST WORDS OR THOUGHT EVOKING CONNECTION!

*Chovos Hatalmidim 8 - A new commentary by  
Harav Y. Reuven Rubin Shlita*

“So, which tefilah do you feel closest to?”

It was an innocent question that just spilled out of my brain some weeks ago. Addressed to a very sweet bochur freshly Bar Mitzvah'd, who never misses a day davening, it wasn't meant to be a trick question, just something that had slipped into my mind. His look told me a sad truth, he stared at me with innocent eyes and whispered he never thought of davening in that way. Now it was my turn to stare, I mumbled something about learning tfilah in school, to which I was presented with yet another blank look and then a soft murmur that there had been a few lessons some time ago.

This encounter transpired a few weeks ago. Since then I have presented my question to a large number of young bochurim and I am no longer surprised by the blank looks, nor do I bother asking if their school covers the subject beyond just a few cursory lessons. What breaks my heart is that all these young enthusiastic youngsters are regular attendees to early morning minyanim. They have true mesiras nefesh, yet they have no idea what they are meant to be gaining.

It is very sad that in our day and age where so much is available in terms of spiritual experience, that the basic building blocks of our connection with Hashem are given such short shrift. Today's youngsters are taught that they must attend shul, yet truthfully speaking, they have no true connection to what they are saying or doing there. This is no wonder, the speed of these minyanim

בס"ד



## Adass Aish Kodesh

Harav Y. R. Rubin Shlita  
36 Bury Old Road  
Prestwich – Manchester  
M25 0FT



For more inspirational articles  
from the Rou Shlita check out  
the archives:  
[www.theinformalproject.com](http://www.theinformalproject.com)



לזכר ולעילוי נשמת  
כ"ק מרן אדמו"ר מפיאסצנה  
הרב קלונימוס קלמן שפירא  
זצוקלה"ה



לזכר ולעילוי נשמת  
הרבנית הצדקנית  
חיה שרה רובין ז"ל  
בת הרב שלמה יחיאל ז"ל



Part of the Inform-All Project  
Charity Number:  
1149453

veers on Olympic record breaking. If you don't know what you're saying, you might as well say it fast and be done with it.

Sadly, some of this comes from parents, caring holy neshomahs who run each morning at the break of day and go through the actions that have been part of the DNA of Yiddishkiet. They fill our shuls with vibrancy and dedication, yet, ask them my question and be prepared for that blank look.

The Peasetzna Rebbe Ztl talks constantly about the power of prayer and how vital it is for all of us. He tells his young readership:

“Accustom your heart and soul to pouring themselves out to Hashem, both in your own words and through organised davening. There are young people, and even older ones, if they are small minded, who think that the essence of tefilah is to daven for our concerns and troubles, much in the same way that a pauper asks wealthy people for charity.”

The Rebbe then goes further:

“The truth is that tefilah is in and of itself a vehicle for the heart to approach Hashem and for the soul to express its innermost feelings, and that is the essence of davening.”

Davening is so much more than just spewing forth words that have no heart. We should never put a time clock on our prayers, nor teach our young to speed read with no understanding.

Have you ever noticed how the Yetzer Horah gets very busy when it comes to talking by Davening? He will let us learn, keep kosher, honour Shabbos, all this and more, but when it comes to davening, there he is, front and centre, getting us to talk, signal, gaze at our phones, anything but pray.

Our young have no idea what their closest tefilah is because we haven't given them a sense of respect to the meaning of their words. Youngsters should know that shul is about expressing their feelings. Yes, Bar mitzvah boys have feelings, aspirations, hurts and hopes. They need to learn that the structure of davening is not a straitjacket that must be gotten through at speed. Rather, they should be given the keys to successful tefilah.

I personally don't believe that such understanding can come from any specific sefer, or series of lectures. Rather, they should see parents that daven, hear Gutta Yidden pray, experience the soaking in of an atmosphere where davening is tinged with warmth and love. Explaining that Hashem awaits their prayers with anticipation is important, but such words are the stuff of what they hear all day. One living example, one meaningful Shemonah Esrei and all the words will gel into a new reality.

---

The Rov Shlita's articles get published on a weekly basis and reach 1000's. For just £30, you can be part of this great zechus by sponsoring a week.

For your chance, go to [www.aishkodesh.co.uk/donate](http://www.aishkodesh.co.uk/donate) or contact us at [info@aishkodesh.co.uk](mailto:info@aishkodesh.co.uk)

When it comes to aspects of the spirit, the soul needs more than logic, it needs the sights and sounds of emotional connection. Every Yiddisha soul has the ability to ignite into a lava flow of passion for Hashem. The Rebbe felt it is never too young to show youngsters this aspect of their life. He wrote to their souls and wanted to excite their young selves with a leibedika sense of Jewishness.

Ours is a generation that needs this spiritual energy. Our youngsters are becoming flooded with extraneous noise and visions that threaten to shred their Yiddisha sensitivities to pieces. In this time and place, they need more than ever the ability to converse with Hashem with a full heart. Giving them the tool of true davening will allow them to grow spiritually despite all the thundering pandemonium that surrounds them.

Let them enter their shtiebles and shuls with a sense of promise. Let their words to Hashem be blessed with a deep love and yearning. The connection is there awaiting their approach, and we, the whole of Klall Yisroel await their tefilah with the heartfelt anticipation for our long-awaited Redemption.

The Rebbe explored ways to lead his young readership towards energised Yiddishkiet, we owe our kids nothing less.

---

The Rov Shlita's articles get published on a weekly basis and reach 1000's. For just £30, you can be part of this great zechus by sponsoring a week.

For your chance, go to [www.aishkodesh.co.uk/donate](http://www.aishkodesh.co.uk/donate) or contact us at [info@aishkodesh.co.uk](mailto:info@aishkodesh.co.uk)