

BILVAVI

BUILDING A SANCTUARY IN THE HEART

לחיות את הפרשה

VE'ESCHANAN 459

וְאֶת־חֲנֹן אֵל ה' בָּעֵת הַהִוא לֵאמֹר (דברים ג, כג)

"I prayed to Hashem at that time, saying" (Devarim 3:23)

PRAYER WITH LOVE & DEVEIKUS

Tefillah, in its most preferred manner, is essentially a conversation of love. As a person desires to speak with his beloved, when a person's *neshamah* overflows with love to *Hakadosh Baruch Hu*, he will want to tell *Hakadosh Baruch Hu* words of friendship and love. The requests mentioned in the *tefillah* are the secondary parts of his *tefillah*. His primary goal is to speak and to connect with *Hakadosh Baruch Hu* with love.

IN PRACTICE

Accustom yourself to speak to *Hakadosh Baruch Hu*, words of love, words of friendship, as a person would speak with his beloved.

EXPANDED BASED ON EDITORS UNDERSTANDING

PRAYER WITH LOVE & DEVEIKUS

Tefillah, in its most basic level, is a means for people to receive their needs. But there are higher forms of *tefillah*. *Tefillah*, in its most preferred manner, is essentially a conversation of love. As a person desires to speak with his beloved, when a person's *neshamah* overflows with love to *Hakadosh Baruch Hu*, he will want to tell *Hakadosh Baruch Hu* how much he loves Him. The requests mentioned in the *tefillah* are the secondary parts of his *tefillah*. His primary goal is to speak and to connect with *Hakadosh Baruch Hu* with love.

PRACTICAL APPLICATION

Praise Hashem for the kindnesses you receive from Him, and fill your heart with love to Him. Accustom yourself to speak to *Hakadosh Baruch Hu* with words of love and friendship, as a person would speak with his beloved. Even when requesting matters from Hashem, the primary part of the *tefillah* will be your joy and love to speak with Hashem. This is the highest form of *tefillah*.

ORIGINAL HEBREW
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