

# THOUGHTS TO CONCENTRATE ON DURING DAVENING

## KNOW BEFORE WHOM YOU ARE STANDING. 'ה KING OF ALL KINGS

- I am standing in front of ה', the creator of the world.
- ה' knows everything I think, speak and do.
- ה' is so great, the existence of the world is in His hands.
- ה' runs the world, nothing can happen unless Hashem wants.
- I feel small and humbled in front of others (friends) especially as I stand in front of ה'.

## 'ה LOVES ME

- ה' loves me and I love Him.
- I can ask ה' anything I need, ה' wants to hear.
- ה' is the source of all good and does only good.
- I am so grateful for everything ה' gives me (health, family, friends).
- Thank you ה' for \_\_\_\_\_

## I HAVE A MISSION

- ה' put me in this world with a mission to elevate myself and my surroundings.
- I have all the strength I need to overcome all the challenges to complete my mission.
- ה' relies on and needs Me as an individual to bring **משיח**.
- I accept to do everything ה' asks of me, like a servant to a king.
- I feel so lucky to be a part of the purpose of creation.

## WHAT ARE SOME OF MY OWN THOUGHTS I CAN THINK OF?

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What are some of my own thoughts I can think of?