

# THOUGHTS TO CONCENTRATE ON DURING DAVENING

## KNOW BEFORE WHOM YOU ARE STANDING, יה' KING OF ALL KINGS

- I am standing in front of יה', the creator of the world.
- יה' knows everything I think, speak and do.
- יה' is so great, the existence of the world is in His hands.
- יה' 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 יה'.

## יה' LOVES ME

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

## I HAVE A MISSION

- יה' 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.
- יה' relies on and needs Me as an individual to bring משיח.
- I accept to do everything יה' 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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## KNOW BEFORE WHOM YOU ARE STANDING, 'ה' KING OF ALL KINGS:

- I am standing in front of 'ה', the creator of the world.
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I am so grateful for everything 'ה gives me (health, family, friends).

Thank you 'ה for \_\_\_\_\_.

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

לע"נ הרה"ח שמעון בן הרה"ח מנחם שמואל דוד הלוי ע"ה