

1. The blessings before study of Torah – Artscroll pp. 19-21

2. Rabbi Moses Maimonides, Responsa *Pe'er haDor* 104

One must recite blessings upon the Torah before reading it, even before reading just one verse. There is no distinction between reading as a plea and request, or anything – one must recite the blessings.

Stage 1: Historical Prayer (Artscroll pp. 33-45, pg. 507)

3. Hosea 14:3

Bring words with you and return to G-d; say to Him, "Forgive all sin and accept the good, and may our lips complete our bulls."

4. Midrash, Vayikra Rabbah 7:3

Since you involve yourselves in studying them, I consider it as though you had actually brought them.

5. Rabbi Moses Maimonides, Guide of the Perplexed 3:32

The primary object is that you should know Me and serve no other, and I will be your G-d and you will be My nation. I instructed you in all of these rituals in My Name, until the name of idolatry would be erased and the principle of My Oneness would remain, so that this principle would endure in your hands.

6. History: Practiced in Temple times

Stage 2: Motivation for Prayer (Artscroll pp. 61-87)

7. Making Meetings Work, Karen Carney <http://www.effectivemeetings.com/meetingbasics/meetingswork.asp>

At Intel Corporation, those who call a meeting must first assess whether the meeting is necessary. They'll e-mail ideas to a few people for comments and suggestions, draft an agenda, then distribute it to a wider audience for revisions. The result is a one-pager containing the meeting's purpose and goals, subtopics with time frames for each, a list of attendees, and what each one should bring to the table. It's distributed in advance to attendees and to the appropriate business-unit chief, who might later check it for quality. "We know from experience that 80% of the hard work gets done before the meeting even begins," says Michael Fors, Intel's corporate employee-development manager. "We're all responsible for using our time effectively, and we're aware of the opportunity costs."

8. Mishnah Berachot 5:1

One may not rise to pray other than with a solemn mind. Early pious people would wait an hour before praying, to focus their heart upon G-d.

9. Psalms 146:6-7

Creator of Heaven and Earth, the sea and all within them, who guards truth forever. He performs justice for the oppressed, He gives bread to the hungry, G-d releases the imprisoned.

10. Talmud, Shabbat 118b

Rabbi Yosi said: May my portion [in the Next World] be with those who complete *hallel* each day. Can this be? Didn't our master teach us, 'One who recites *hallel* each day is a blasphemer!' Yes, but here he was referring to *Psukey d'Zimra*.

11. History: Practiced informally in Temple times; canonized during the Talmudic period

Stage 3: Justification for Prayer (Artscroll pp. 95-99)

12. Exodus 20:2; Deuteronomy 4:39

I am the Lord, your G-d, who took you out from Egypt, from the house of slaves.

And you shall know today, and you shall put into your heart, that HaShem is G-d in the heavens above and on the earth below. There is no other.

13. Mishnah Tamid 5:1

The designee then said to the kohanim: Recite one blessing! And they did. They then recited the Ten Commandments, *Shema*, *v'Hayah Im Shamo'a* and *Vayomer*, and blessed the nation with the three blessings...

14. Talmud, Berachot 13b

Rav said to Rabbi Chiyya: I haven't seen Rabbi Yehudah haNasi recite Shema.

Rabbi Chiyya replied: Child of kings! When he passes his hand over his face, he recites Shema.

15. Talmud, Pesachim 56a

The sages said: What should we do? Say it? But our master Moses did not! Not say it? But Jacob said it! So they enacted that the sentence should be said quietly.

16. History: Recited individually since earliest times; recited communally in Temple times

The earliest siddurim: The Gaonic Period

17. The three Gaonim

- Rabbi Natronia ben Hillel Gaon (c. 795 – c. 865)
- Rabbi Amram Gaon (? – c. 875)
- Rabbi Saadia Gaon (882 – 942)

Summary

- Our pre-amidah prayers are rituals composed of biblical verses
- Three components
 - Korban – Historical Prayer
 - Psukei d'Zimra – Motivation for Prayer
 - Shema – Justification for Prayer
- The birth of the Siddur as we know it: The Gaonic period