



הכנה Preparation

1

Select your *tefillah* (or general area/theme)

(eg: v'ahavta)

2

Read the *tefillah* carefully and **generate questions**. Write down the questions.

(eg: What does it mean to love God? What's the difference between my heart, my soul and my might?)

Need some help?

Just [go straight to this page of our tefillah website](#) and [click on your selected prayer](#); then go to "kavannot" and you'll get a bunch of ideas.

3

Identify a **passage** or **verse** or **phrase** or **word** as your focus. Write it down.

Answer:

- Why is this your focus?
- **What intrigues/disturbs/moves you about this passage? This is your קושיה question.**

4

Read *kavannot*, commentaries, ideas re: your prayer/question. We have many books you can use! Also....

You can find a huge amount of these on this website:

<http://www.tefillatramah.com/>

(click on the [DRASH](#) tab and take it from there).

5

Pick at least 2 idea/s that help you develop a new idea about this prayer.

Think about how this applies to campers' lives

סדר Writing (or Outlining)

Brief, catchy **introduction**:

- a story,
- a song,
- a question (or series of questions),
- Descriptive imagery,
- if nothing else comes to mind, it can just be the context of the prayer.

↳ State your **focus**:

- 1-2 sentences of context
- 1-2 sentences stating your problem or **question** קושיה

↳ Possible **answers**/responses

- **Summarize** answer/s
- **Attribute** (eg: “Rashi says...”; “Aaron Amit taught me...”; “I learned from my chemistry teacher that...”; “I once experienced...”)
- **Analyze** the answer.
 - This is good/smart/powerful/useful because.....
 - Here’s what’s challenging or hard or dissatisfying about this.....

↳ Application/relevance/**take-away message** for the listeners.

- This can be about anything: specifically about prayer, or about life or relationships or God or community or Judaism or....anything.
- What do you want others to reflect upon after hearing your d’var tefillah?

*** HINT: *** the more specific this is, the more impactful it usually is.

Eg: *too general*: “Love is good”.

More effective: “Let’s all identify three ways we can speak more supportively to each other.”

↳ Give your listeners something to do, give them a “**charge**” for their **life** (EG “so today, during Maccabiya, let’s all remember to watch out for the kids standing on the sidelines...”)

דיבור Delivery

Speak ideally **without notes** (or at the most, with an outline if possible)

Speak **slowly** and with intention (while sticking to your time frame)

Make **eye contact** with your listeners (guide them and engage them, but don't become distracted)

Speak in a comfortable semi-formal vernacular (but **avoid** word tics and **filler words**, such as "um", "uh", "you know", "right" and "like")

Relax and **enjoy the power of language and the beauty of bringing tefillah alive!**

Things to Think About:

Know your

- *Setting (eg: Alon Binyamin; inside the Whizin)*
- *Occasion/Event (eg: daily shacharit minyan; on the overnight; Shabbat mincha)*
- *Audience (eg: excited Gibborei kids; exhausted Machonies)*
- *Time parameters (minimum and maximum)*

Anticipate risks, challenges, obstacles