



Machane Tefillah
Initiative

BNEI
AKIVA
UNITED KINGDOM



ISRAEL MACHANE TEFILLAH COMPANION

BIRKOT HATORAH

THEMES

1. **Recognition of the precious gift of Torah**
2. **Desire for positive connection to Torah**
3. **Gratitude for our unique method of connecting to Hashem through Torah**

MESSAGE

Learning Torah every day reminds us of the importance of constantly growing in our relationship with Hashem. Learning something small each day can help us better understand our goals in life and how to achieve them

REFLECTION

1. **What ways of learning Torah interest me?**
2. **How can I learn something new each day?**
3. **What things in Judaism do I struggle with which I can learn more about?**



BRACHOT BREAKDOWN

1. **Thank you Hashem** for giving me a unique role in the world
(אֲשֶׁר נָתַן לִשְׁכְּוִי בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלִיָּה)
2. **Thank you Hashem** for the opportunity for our lives to mean something more (שְׁלֵא עֲשֵׂנִי גוֹי)
3. **Thank you Hashem** for providing me the freedom over my time (שְׁלֵא עֲשֵׂנִי עֶבֶד)
4. **Thank you Hashem** for tailoring the way we serve you (שְׁלֵא עֲשֵׂנִי אִשָּׁה/שְׁעֲשֵׂנִי כְרָצוֹנוֹ)
5. **Thank you Hashem** for the things we take for granted (פּוֹקֵחַ עֲוִרִים)
6. **Thank you Hashem** for giving us more than we need (מְלַבֵּישׁ עֲרָמִים)
7. **Thank you Hashem** for assisting us in overcoming our temptations (מַתִּיר אֲסוּרִים)
8. **Thank you Hashem** for even the smallest things that we overlook (זוֹקֵף כְּפּוֹפִים)
9. **Thank you Hashem** for reminding us who runs the world and not to be complacent (רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם)
10. **Thank you Hashem** for everything you've done for me personally (שְׁעֲשֵׂה לִי כֹל-צְרִכִי)
11. **Thank you Hashem** for being our guide in this world for spiritual success (הַמְכִין מִצְעָדֵי גְבוּרָה)
12. **Thank you Hashem** for making me us Jews who can channel our spiritual strengths (אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה)
13. **Thank you Hashem** for our unique roles as ambassadors of Torah in this world. (עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה)
14. **Thank you Hashem** for the chance to start anew each day (הַנּוֹתֵן לִיעֹף כַּח)



MIZMOR SHIR

THEMES

1. Our success comes from Hashem, due to the abilities he gives us
2. Life in itself has value as it enables us to connect to Hashem
3. Life has some deep lows and some extreme heights- bouncing back is key

MESSAGE

We open Pesukei D'Zimra by testifying to Hashem's faithfulness in saving David Hamelech. Life can change direction rapidly and we should always appreciate and focus on the best times in our lives.

REFLECTION

1. What can I do to show gratitude for my successes and personal strengths?
2. What are some basic things in life I often overlook?
3. How can I make sure I bounce back from setbacks?



BARUCH SHE'AMAR

THEMES

1. Just how Hashem constructed the world through speech, we can also build up the world with speech
2. Repetition of baruch: always seeking to recognise good
3. Preparing and focusing intentions

MESSAGE

The prerequisite to building our relationship with Hashem calls on us to refine our speech and mindset in positive ways. This is why Baruch She'amar introduces our daily words of praise - ensuring we are ready and focused.

REFLECTION

1. How can I use speech constructively?
2. What is something that I normally see the bad in, that I can look for the good?
3. Why is it important to get into the right frame of mind when I'm about to do something important?



MIZMOR L'TODAH

THEMES

1. We should always try to go about our days in simcha
2. An attitude of gratitude extends beyond just ourselves
3. Thankfulness for each thing: large or small

MESSAGE

The best mindset possible is one that always is looking to be thankful. By thinking in this way, it benefits us by always recognising the good in people around us, generating a happy atmosphere

REFLECTION

1. What small things can I do to ensure my days are filled with happiness?
2. How can I help others to show gratitude?
3. What are three things I wish to thank Hashem for today?



4EHI CHEVOD

THEMES

1. Finding Hashem through his guiding hand on the intricacies of nature
2. History is not random or coincidental; Hashem has been organising it
3. The Messianic Era is born out of appreciation of these facts

MESSAGE

The world will one day reach a recognition of Hashem. We currently live in a world of concealment, but we can use evidence in nature and history to uncover the truth.

REFLECTION

1. What about nature blows my mind?
2. What historical events reflect divine intervention to me?
3. Do I try look for Hashem's role in our collective lives?



ASHREI

THEMES

1. The 22 letters of the aleph beit are the building blocks of the world and nature
2. Recognising on a basic level what Hashem provides
3. The ordinary is extraordinary; don't take things for granted

MESSAGE

We repeat ashrei three times a day to reflect how we should make a habit of showing gratitude for the normal things in our lives, training ourselves to appreciate everything around us is key to successful relationships with friends and Hashem

REFLECTION

1. How does thinking about the world's building blocks affect me?
2. How can I appreciate the ordinary better?
3. Which line of Ashrei can I focus on, to understand better today?



HALLELUKAS

THEMES

1. **Praising Hashem in multiple contexts**
2. **Seeing Hashem in this world**
3. **Perceiving Hashem in shamayim and Olam Habah (heaven and world to come)**

MESSAGE

We climb a rung of the ladder of our relationship with Hashem with each of these perakim of Tehillim, each one a higher level

REFLECTION

1. **Are there different ways I can develop how I praise others?**
2. **How can I appreciate Hashem more in my day to day life?**
3. **Which halleluka should I focus on more today?**



VAYEVARECH DAVID

THEMES

1. **Being proud and visible in our Judaism**
2. **We are each a link in the chain of Jewish continuity**
3. **All that is ours come from Hashem**

MESSAGE

This tefillah bridges the hallelukahs to az Yashir, having recognised all the levels Hashem operates on, we can think about the implications of this fact for us and our position in the world

REFLECTION

1. **Am I proud of my Judaism in the wider world?**
2. **Do I appreciate my place in continued Jewish life?**
3. **How can I appreciate what I have properly?**



AZ YASHIR

THEMES

1. Faith has ebbs and flows
2. Reliving the transition to freedom
3. Seismic ramifications of divine intervention

MESSAGE

Sung on the emotional high following the splitting of the sea, the Shira displays to us what an unfiltered outpouring of love to Hashem looks like. We too, can appreciate divine intervention in today's world.

REFLECTION

1. What miracles surround your life this morning?
2. Has there been an event that has majorly changed your faith in Hashem?
3. Why is it important to relive the experience of freedom?



YISHTABACH

THEMES

1. **15 nouns of praise show we can always take things higher by pushing ourselves**
2. **Reflecting on the journey of praise we just went on**
3. **We can relate to Hashem in many ways**

MESSAGE

Yishtabach reminds us why we take a daily journey of praising Hashem; ensuring that we are growing in our relationship with Hashem and connecting on various levels

REFLECTION

1. **How can I push myself today?**
2. **When did I last stop to properly reflect at the end of the 'journey' of this day?**
3. **What areas do I find it easy to connect to Judaism; where do I find it more challenging?**



L'KEL BARUCH

THEMES

1. **No area of the world is untouched by Hashem**
2. **Hashem is constantly active in sustaining and renewing the world**
3. **Aspiring to Godly light**

MESSAGE

Even though Hashem's light fills the whole world, we can't always see him. "We find Hashem wherever we choose to let him in" Kotzker Rebbe

REFLECTION

1. **Where can I find Hashem where it may seem He is absent?**
2. **What natural phenomena do I take for granted?**
3. **what are 'Godly' character traits I can try emulate?**



AHAVAH RABBAH

THEMES

- 1. We relate to Hashem differently through different names**
- 2. Love underpins all of Torah**
- 3. We deepen our connection through multiple attributes**

MESSAGE

The love between us and Hashem is sometimes hard to see but incredibly deep running. By focusing on the ways we can tap into this love, we show our desire to understand ourselves and Hashem better to strengthen the bond.

REFLECTION

- 1. Why does Hashem have so many names?**
- 2. How can I use my Torah knowledge to love others more?**
- 3. How can I find fresh ways to connect spiritually?**



SHEMA #1

THEMES

1. **Accepting Hashem's sovereignty**
2. **The extent of our love for Hashem**
3. **The constant presence of Torah in our lives**

MESSAGE

Affirming our love to Hashem with words that every Jew knows focuses us on the most basic building blocks of living lives of faith: accepting Hashem, loving him and proving it by learning and doing to be closer to Him.

REFLECTION

1. **What does Hashem's sovereignty mean?**
2. **How can we love Hashem "with all our heart"?**
3. **What small things can I do to embrace Torah learning?**



SHEMA #2

THEMES

1. **Accepting the mitzvot**
2. **Reward and punishment**
3. **Attributing success to Hashem**

MESSAGE

The observance of God's commandments, understanding their repercussions, and the importance of gratitude are interwoven in our relationship with God, impacting our lives and our world.

REFLECTION

1. **How does my observance of mitzvot affect my relationship with God?**
2. **How do I see the consequences of my actions reflected in the world around me?**
3. **How can I better cultivate a sense of gratitude for the blessings in my life?**



SHEMA #3

THEMES

1. **Tzitzit and their deeper significance**
2. **The big picture consequences of following/not following mitzvot**
3. **Remember yetziat mitzrayim**

MESSAGE

This ties together 2 key acts of remembering: the mitzvot in general and our redemption from Egypt. Both represent key foundations of our faith; our origin as a people & our mission in this world.

REFLECTION

1. **What is the meaning of tzitzit?**
2. **Why do we have mitzvot?**
3. **How can I connect to the exodus experience?**



BRIDGE TO AMIDAH

THEMES

1. **Preparing with our private meeting with Hashem**
2. **Our Faith stemming from our ancestors and us today**
3. **Redemption past, present and future**

MESSAGE

The bridge from the Shema up to the Amidah helps focus us on the essential themes in the amidah: redemption in many contexts and our role stemming from our ancestors stretching back generations.

REFLECTION

1. **Am I ready to meet with Hashem one to one?**
2. **Do I appreciate the preservation of Judaism required for me to be here today?**
3. **What is redemption?**



BRACHOT BREAKDOWN

1 אבות

I recognise that I can have a personal connection to Hashem just like the Avot. Hashem protects, saves and helps us on different levels.

2 גבורות

I realise God's immense and infinite power which I can try to latch onto throughout the amidah

3 קדושת השם

I know connecting to Hashem's separate nature is difficult and I want to try bring Him into my world

4 דעת

I want to have the knowledge, understanding and intelligence to want the right things.

5 תשובה

I believe Judaism is more than a checklist of 613 and there are ups and downs in life. I have faith that Hashem is always ready for us to get closer to him.

6 סליחה

I know I make mistakes but I also know Hashem is waiting for us to learn and grow from these mistakes to become even better

7 גאולה

I remember all the times Hashem has saved us in the past and I believe He will continue to do so in the future- he will fight our fights.

8 רפואה

I want Hashem to help all those who are ill and I want to be a part of the collective Am Yisrael where we care about the needs of others

9 ברכת השנים

I recognise that so much is out of our control and depends on Hashem so we should have faith and look towards Hashem. Our success depends on Him.

10 קבוץ גלויות

I understand that we are part of a historical process and we can chart our progress towards Geulah. I know we can make Aliyah for many reasons but we should strive for returning for the right reasons.



I realise that great leaders are those who inspire others and elevate them to achieve their potential by directing them closer to Hashem. I know that strong, moral leadership is needed for geulah, not just our physical presence

I know that there are those who try to steer us away from Hashem and I ask Hashem to keep me heading in the right direction.

I realise that growth isn't about how high you go but about how far I've come and I can look up to tzadikim in our community as role models to help my own growth.

I feel that I am missing Hashem in my life- at this stage already being in Israel but still waiting for a higher spiritual connection and to feel the shechina

I remember that the geulah process is not instant and the days of Mashiach will take time to grow. I understand that Mashiach will come to complete the process we started

I try to act humbly and conclude my requests with a heartfelt plea for Hashem to let our requests be heard. I want to internalise the significance of all the things I have just asked for.

I recognise that tefilla stands in place of the temple service and I know that despite not being in any easy position, I should always try my best to be connected to Hashem.

I appreciate how much Hashem does for us each and every day. I see how having a mindset focused on seeking to show gratitude can be really valuable.

I understand that peace underpins all brachot- we can't hold onto anything without it and I should actively try maintain the peace in all my relationships

Now I can focus on just myself, I ask Hashem that when bad things happen, I respond in the correct way.

11

משפט

12

ברכת המינים

13

על הצדיקים

14

בנין ירושלים

15

מלכות בית דוד

16

שומע תפילה

17

עבודה

18

מודים

19

שים שלום

20

אלוקי נצור



TACHANUN

THEMES

1. **Recogniton of flaws**
2. **Owning our mistakes**
3. **Asking for forgiveness**

MESSAGE

Tachanun focuses on teshuvah which is a multi stage process of self-improvement; doing better in future requires us to be honest with ourselves

REFLECTION

1. **How can recognising flaws help me grow?**
2. **Do I think about when I make mistakes and accept it?**
3. **How can I fix situations where I mess up?**



LAMNATZEACH

THEMES

1. **Seeking Hashem's help with our problems**
2. **Trusting in Hashem's plan**
3. **Appreciating where our success really comes from**

MESSAGE

This piece of tehillim in our descent from tefillah emphasises that our communal strength lies in where we turn in times of strife and keeping faith that everything is part of a bigger divine masterplan

REFLECTION

1. **Do I daven when I want or need something?**
2. **Has my trust in Hashem got me through tough times in the past?**
3. **Do I attribute my success to Hashem's help?**



U'VA L'TZION GOEL

THEMES

1. Torah is our heritage and has to be constant in our descendants lives as well
2. Hashem's kedushah fills the world
3. The correlation between our efforts in this world for life in the next

MESSAGE

U'Va L'Tzion focuses on Hashem's kedushah and our ability to emulate it through immersing and preserving Torah-based lives. Our success in working on this in this world will reap huge benefits for our children and for ourselves in the world to come

REFLECTION

1. What things can I do to help pass on my identity to the next generation?
2. In what ways can we see Godliness in the world?
3. Why do we not see the reward of good things we do today, in this world?



ALEINU

THEMES

1. **We have a responsibility to represent Hashem to the world- as creator and controller of the world**
2. **We have a privilege of a unique relationship with Hashem with additional ways to live meaningful lives**
3. **We should constantly hope and attempt to bring about a reality where everyone is accepting of these facts**

MESSAGE

The core message here is to express our gratitude and loyalty to God, who has given us a distinct role and destiny among the nations. We also affirm our faith and longing for the messianic era, when God's glory and unity will be revealed to the whole world.

REFLECTION

1. **How do I fulfill "aleinu"- do I say fine Baruch Hashem when someone asks how are you**
2. **How can I be sensitive in balancing our uniqueness with respecting other cultures and beliefs?**
3. **How can I help bring about the reality of mashiach and peace described here?**



SHIR SHEL YOM

THEMES

1. Taking advantage of each unique day
2. Constantly be looking towards Shabbat
3. The order of creation remains significant

MESSAGE

With a different song each day to reflect the daily change of what the Levi'im sang in the Beit Hamikdash, each song reflects each stage of creation and the opportunities each day presents us

REFLECTION

1. How am I going to make the most of today?
2. Am I preparing and excited for Shabbat?
3. How does the creation story impact me today?



FRIDAY NIGHT

THEMES

1. **Maximising Shabbat requires preparation**
2. **Greeting Shabbat with passion and excitement**
3. **Emulating Hashem by stopping our creating**

MESSAGE

As we enter Shabbat we can reflect on the week that has passed and recognise the specialness of the day of Hashem, appreciating that Shabbat has holy origins and is more than just not working

REFLECTION

1. **Did I come into Shabbat feeling ready to take advantage?**
2. **How do I get myself excited for Shabbat?**
3. **What can I do to understand the 39 melachot more?**



SHABBAT MORNING

THEMES

1. Shabbat being a unique gift to Am Yisrael
2. Shabbat requires our input to make it special
3. Shabbat embodies our eternal connection to Hashem

MESSAGE

Hashem deliberately gave Shabbat not to any other nation but Am Yisrael alone. This presents us a special privilege to elevate our lives once a week by actively making Shabbat a special experience for ourselves and everyone around us

REFLECTION

1. What makes Shabbat special?
2. What do I do to make it special?
3. What do I want Shabbat to look like for the rest of my life?



SHABBAT MUSSAF

THEMES

1. **Using the physical to elevate the spiritual**
2. **Shabbat enables us to tap into closeness with Hashem**
3. **Rejoicing in Hashem's kingship**

MESSAGE

The extra korbanot and the mussaf service today reflects the level above the rest of the week which Shabbat sets on. Korbanot, meant to bring us closer to Hashem, are increased to show that Shabbat is a golden shot to deepen the relationship with Him.

REFLECTION

1. **How can I use the physical to elevate the spiritual?**
2. **What can I do on Shabbat to be closer to Hashem than the rest of the week?**
3. **How does seeing Hashem as a king help us connect?**



SHABBAT MINCHA

THEMES

1. **Hashem's oneness**
2. **Shabbat was designed to be ideally be done in Israel**
3. **Authentic rest on Shabbat which cannot be replicated in the week**

MESSAGE

As Shabbat draws to a close, we look to future shabbatot, having now been reminded of the tranquility and power of renewal contained within it. Menucha, isn't just the literal definition of rest but a sense of comfort in our relationship with Hashem

REFLECTION

1. **What does oneness mean?**
2. **How have you found our Shabbatot in Israel to be more special**
3. **What can I do to make sure that my rest on Shabbat is special?**



MAARIV PRE-SHEMA

THEMES

1. Hashem is always driving the world forward
2. Everlasting love with Hashem
3. Torah as our lifeblood

MESSAGE

Whilst day transitions to night, we return to an audience with Hashem and look back on His active role on creation today and every day. We then reaffirm our unique loving connection with Hashem, rooted in our immersion and dedication to Torah-driven lives

REFLECTION

1. How do I see Hashem in the world around me?
2. How was my day today?
3. How can I ensure I learn Torah as a reflection of my love for Hashem?



MAARIV POST-SHEMA

THEMES

1. Hashem's redemption is regularly looking out for us in our lives
2. Asking Hashem for help with physical challenges
3. Historical events contain powerful messages for today

MESSAGE

Utilising the examples of historic redemption, we can apply the same principles to our lives, looking for Hashem's guiding hand. We ask for continued help in the challenges ahead, a key preparation for the many requests that we will make during our Amidah which is drawing ever nearer

REFLECTION

1. Recall events in your life that could have gone well or badly - did you see Hashem's hand
2. Do I ask Hashem when I need help with something?
3. What historical events can I think of that hold relevance to today?



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