

LISTEN TO THE VOICE OF THE CHILD WITHIN YOU

The other day my children asked me - as only children can - a simple question. What type of prayer does G-d answer?

It got me thinking...

On the one hand, the question is best left alone. Firstly, who are we to know G-d's ways. Secondly, sometimes thinking about the question does more good than finding an answer. Thirdly, perhaps there is no generic answer for everyone. Each person must discover for themselves their own individual path in connecting with G-d.

Notwithstanding the above I would like to offer a thought.

First of all the challenges. We all know that the day of Yom Kippur is more sacred than any other. On this day, over the millennia, our ancestors came together and poured out their hearts in prayer. Today however, we find it difficult to experience the awesomeness of the day as they did in the past. Or to identify with the varied prayers that fill our prayer books.

So, where do we go from here?

Answer: Keep it simple.

A great Kabbalist once said, "I pray like a child". In other words; adult life is about retaining the purity and innocence of the child within us. An opportune setting for this beautiful exercise is prayer, which is an ideal moment in time to connect with our pure self, on which level all our inhibitions, insecurities and phobias fade away.

This is prayer, this is Yom Kippur.

To rediscover the language of the child.

To be as honest as a child.

To see things as purely as a child.

To hope and believe as a child.

To love like a child.

To pray to G-d like only a child can.

To be the child we once were.

And when we behave towards G-d with the purity and innocence of a child, this will evoke in G-d to behave towards us like a father to an only child.

Shana Tova and well over the fast.

Yosef Vogel & Mendy Vogel