

## HASHEM SEFATAI

*HASHEM SEFATAI TIFTACH OOFEE YAGEED TEHEELATECHA*

GOD! OPEN MY LIPS AND MY MOUTH WILL SPEAK YOUR PRAISE

Psalms 51:17

The verse in this picture is from the Psalms of King David.

The traditional silent meditation *Amida* begins with whispering these words. This meditation takes place three times a day: sunrise, sunset and nighttime. The focus of the meditation is being intimately in the presence of God.

Kabbalah discusses many profound mystical meanings of this verse.

The verse is a prayer for our prayer — the realization that God is the source of everything, including our prayer.

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