

Help!

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Rebbe Nachman of Breslov taught...

“Even if all you can say to G-d is “Help!” it is still very good.

Repeat this over and over again, until G-d opens your lips

and the words begin to flow from your heart.”

(The Empty Chair, p. 93)*

What does this mean to me?

Prayer is the service of the heart, and when it comes to prayer the truth of the words and the sense of their immediacy is what provides prayer with vitality. Even if all I can say is, “Help!” or, “Master of the universe!” I should not stop praying. When every “Help!” comes from the place of knowing how badly I need help from G-d, the words are illuminated with the light of true and honest prayer. If more and better words come, that is good. And if all I have is my heartfelt, “Help!” it will also do.

A prayer:

*"I will cry out to G-d with my voice,
I will beseech G-d with my voice."*

Master of the universe,

*You hear the sound of the cries of Your people with
mercy.*

*Have pity and compassion and show mercy to us,
and be at our side to help us.*

*Strengthen our hearts so that we
will persist in crying out to You honestly
until You answer us.*

*Until You save us and say,
"Here I am."*

(Likutey Tefillot/[The Fiftieth Gate](#), I:21)

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help keep me on track!!

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