

PRAY, AND STUDY, AND PRAY

written by Chaim Kramer
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Just as one should tithe one's earnings – so too, one should tithe the hours of one's day for Torah study!

Reb Avraham Chazan said that every Shabbat morning we fulfill this concept of praying, studying Torah and praying. First we pray *Shacharit* (the Morning Prayer), then we listen to the reading of the Torah. Afterwards, we pray again, this time *Musaf* (the Additional Prayer) (*Rabbi Levi Yitzchak Bender*).

After praying, one should set aside time for Torah study (*Orach Chaim* 155:1). Rebbe Nachman spoke most unequivocally about wearing Rabeinu Tam tefilin, in addition to the Rashi tefilin worn by all men. He also spoke very strongly about the

need for studying the Codes every day.

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Reb Ozer of Uman bore witness to a custom implemented by early Breslover Chassidim which combined these two important practices. Every morning, they would study the Codes while still adorned in their Rabeinu Tam tefilin (*Kokhavey Or* p. 80). Doing this makes it very simple to “pray, and study Torah, and pray,” even during the week. If, after studying the Codes following the Morning Prayers we recite some psalms or some other supplication, the Rebbe’s adage has been fulfilled.



Just as one should tithe one’s earnings – giving ten percent of one’s come to charity – so too, one should tithe the hours of one’s day for Torah study. Thus, a person whose day is spent working should set aside at least ten percent of the time to study Torah. As for the person who is able to study a whole day, he would be wise to set aside ten percent of his time for studying Rebbe Nachman’s teachings (*Rabbi Nachman Burstein*).

(taken from the book [**Crossing the Narrow Bridge: A Practical Guide to Rebbe Nachman's Teachings**](#); chapter 6; Torah and Prayer pp. 95-96)