

When Will My Prayers Feel Real?

written by Chaya Rivka Zwolinski
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Reb Noson explains that there are times that a person can say the entire daily prayers and he can't salvage even one word. This can go on for day, a month or even years.

And then, suddenly, one time he cries out one word from the very depth of his soul and that one word is so powerful it literally saves all the rest of the prayers that were dead until then. It brings those words of prayer to life.

What if you're going through a period of time where your davening, your praying, feels like a dry husk? You can't even concentrate on more than a few words. Or, if you do concentrate you're not interested in what you're saying. Or you're forcing yourself and pressuring yourself, but nothing's clicking. Don't feel down and definitely don't give up.

Just know that at some point in your life, you will be able to cry out in truth. It may not be when you're at a level that you think is spiritually high. It may actually be when you're slipping and falling, G-d forbid. You may be on an aliyah, an ascent, you may be in a yerida, a descent, but that doesn't matter.

Believe that there will be a time when you'll connect with your prayers so wholeheartedly that you'll never want to stop talking to Hashem.

May you have a day where your prayers are infused with truth and hope.

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