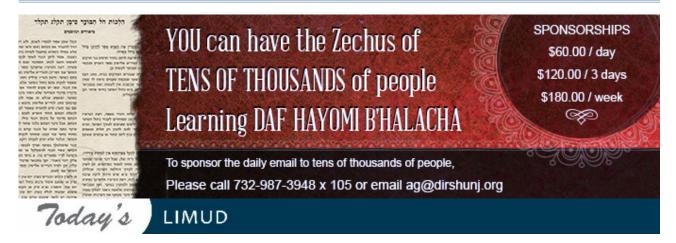


Daf HaYomi B'Halacha



Hilchos Tefila 94-95 (page 255) מסעיף ט עד סימן צה סעיף ד

Today's I

TOPICS

Keeping Legs Together for *Davening*Davening With Eyes Open

How to Hold the Hands When *Davening*



Keeping legs together for davening

When standing before Hashem to *daven*, a person should emulate the angels, whose thoughts pertain only to the service of their Creator. Towards this end, the physical posture of angels is adopted for *tefilla*. Since angels appear to have only one leg (regarding which the phrase "their leg is a straight leg" is written in the singular), a person should stand with both of his legs together as if they are one. If a person did not close his legs, he is *yotzei b'dieved*. Someone who cannot pull his legs totally

together should do the best he can. Someone who has to *daven* while sitting or lying should do so with his legs together as well.

(סימן צה, סעיף א וס"ק א-ב; ביאורים ומוספים דרשו, 2 ו־5)



Davening with one's eyes open

To help with focus, a person should look towards the Heavens before beginning *Shemoneh Esrei* and this can be done at intervals during the prayer if necessary. But for the bulk of the *tefilla* a person should keep his eyes down, and according to the Zohar they must be kept closed. Someone who is not careful to keep his eyes closed when *davening* will not merit to see the Shechina upon his

demise. There is an opinion that the Zohar permits a person to keep his eyes open if he looks down the whole time. The preferred method is to keep one's eyes closed, because that

prevents people from looking around. *Davening* from a *siddur* with open eyes is permissible according to all opinions.

(11, סימן צה, סעיף ב, ס"ק ד-ה, וביה"ל ד"ה צריך; ביאורים ומוספים דרשו, 11



How to hold one's hands when davening

A person must stand respectfully when *davening* as if he were standing before the rulers of his time. In some places it was customary for a person to stand before his superiors with his hands folded over his chest, and according to the Arizal this is the proper posture for *davening*. When standing in this position, the right hand should be placed over the left one to demonstrate that the

midas harachamim symbolized by the right hand should be override the midas hadin symbolized by the left hand, and the thumb should be tucked into the palm. Some people do not stand this way, but put their hands on a shdenter when davening.

(סימן צה, סעיף ג וס"ק ו; ביאורים ומוספים דרשו, 14-15)

Mesterday's HIGHLIGHTS

- A traveler may daven while sitting on an animal (despite the poor level of focus inherent in doing so) if the pressure from tarrying would disturb his kavanah for davening.
- Someone who will be on a plane from before nightfall until after alos and won't be able to stand up forthe Shemnoeh Esrei of ma'ariv should preferably daven ma'ariv before shekia.
- Shemoneh Esrei, chazaras hashatz, birkas kohanim, Hallel and kriyas haTorah should be recited while standing. Leaning so heavily on something that a person would fall if the item was moved is not equivalent to standing in these cases.

Tomorrow's TOPICS

- Holding things while davening
- Changing locations while davening
- Keeping one's feet together for Kedusha

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Important Note: The halachic summaries are to assist you with your learning.

Before implementing halacha in practice, please refer directly to the Mishna Brura and Mussaf Dirshu.

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