

שְׁמַעְתִּי בְּשִׁמוֹ, שָׁאָמַר לְעֵנִין הַמַּחְלֶקֶת שֶׁהָיוּ חוֹלְקִים

Why Prayer Is Made Light Of

THE TEACHING

Reb Noson heard this in Rebbe Nachman's name, about the controversy (מַחְלֶקֶת) and opposition people raised against him. He explained it with a teaching of Chazal on prayer, תַּפִּלָּה.

MAIN POINTS

- The verse says “כְּרוֹם זֹאת לְבִנֵּי אָדָם” (תהלים יב:ט), and Chazal explain: “אֵלֹו דְּכָרִים הָעוֹמְדִים בְּרוֹמוֹ שֶׁל עוֹלָם, וּבְנֵי-אָדָם מְזַלְזְלִין בָּהֶם”, “these are things that stand at the height of the world, and people make light of them.” And what are they? Prayer.
- Prayer was at the center of all the Rebbe's work. He spoke of it with his followers constantly and warned them to pray much, with הַתְּבוֹדָדוֹת, speaking privately between oneself and one's Maker (שִׁיחָה בֵּינוּ לְבֵין קוֹנֵנוֹ).
- Beyond what is written in his books, he encouraged them in person, without limit, to pray much and to practise hisbodedus.
- So people made light of him and opposed him: his whole work was prayer, which stands at the very top of the world, and people make light of it. “וְהֵבִין”: understand this.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When your prayer seems small to others, or even to you, that is no proof of its worth. The things people take lightly may be the ones that stand highest.

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