

אמר, שעל-ידי אמירת תקון חצות יכולין לפרש

Finding Yourself in Your Prayers

THE TEACHING

Through saying Tikkun Chatzos (תקון חצות), the midnight lament, a person can pour out everything in his heart, just as in private prayer (התבודדות). For Chatzos is said mainly about what is happening to a person now, not about the past, and then he can find all that is in his heart within it.

So too with Tehillim (תהילים), supplications and selichos: one should find oneself in every psalm. It is easy and simple, “כְּלִי חֲכָמוֹת”, with no cleverness, for Tehillim was said for all Israel and for each person on his own.

MAIN POINTS

- Every person's battles with the evil inclination (מלחמות היצר) are all spelled out in Tehillim. It was said mainly about the war with the יצר הרע and its forces, a person's real enemies, who want to keep him from the path of life.
- So the root of all advice for coming close to Hashem is Tehillim, supplications and hisbodedus, asking Him to draw you to His service. If a person stays strong and keeps praying, “יְהִיָּה אִיךָ שִׁיְהִיָּה”, whatever happens, he will surely win the war. “אֲשֶׁרִי לוֹ”, fortunate is he.
- Reb Noson adds what he understood: the Rebbe's books are full of good advice (עצות טובות), but carrying out the advice itself is often hard. So the main thing is prayer: speak with your mouth in whatever way you can, and ask Hashem to bring you out “מִחֹשֶׁךְ לְאוֹר”, from darkness to light.
- Even if you have cried out a long time and still feel very far, be strong. Our Sages taught that prayer needs strengthening (חזק), as it says “קוֹה אֶל ה' חֲזַק וַיֵּאֱמֵץ לְבָבָהּ וַקְוֶה אֶל ה'” (תהלים כו:יד), “hope to Hashem, be strong and let your heart take courage, and hope to Hashem.”
- Rashi explains: “וְיָאֵם לֹא תִתְקַבֵּל תְּפִלָּתָהּ, חֲזֹר וַקְוֶה”, “if your prayer is not accepted, hope again”, always, “עַד יִשְׁקִיף וַיֵּרָא ה' מִשָּׁמַיִם” (איכה ג:נ), “until Hashem looks down and sees from heaven.”
- This must be repeated thousands of times, for the weakenings are endless. Reb Noson ends with hope: “כִּי לֹא יִטַּשׁ ה' אֶת עַמּוֹ וְיִנְחָלְתּוּ לֹא יַעֲזֹב” (תהלים צד:יד), “Hashem will not forsake His people”, and “חֲסִדֵּי ה' כִּי לֹא תִמְנוּ” (איכה ג:כב), “Hashem's kindnesses have not ended.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When you say Tehillim, look for yourself in the words. When the answer seems slow, pray again, and again.

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