

# הָיָה מְחִיזֵק אֶת אֲנָשָׁיו, שֶׁקָּבְלוּ לְפָנָיו בְּקָבֶלְנָא

## A Little at a Time

### THE TEACHING

What do you do when prayer (תפילה) feels far away and very hard? His followers came to the Rebbe with that bitter complaint, and he strengthened and comforted them in many ways, so they would not fall in their own eyes.

Look at a convert (גֵּר): how precious it is to him when he first manages just to say the words, up to “ברוך שׁאמר”. So be glad, and comfort yourself, that at least you get to say the words of prayer.

### MAIN POINTS

- To a simple man who found prayer very hard, he said: think that perhaps in this lifetime (גִּלְגּוֹל) you only need to repair this one part of the prayer, up to בְּרוּךְ שׁאמר. Maybe in an earlier life you already prayed the rest with intention (כוונה).
- So put all your strength into this little part. When you reach בְּרוּךְ שׁאמר, think the same about the next section, up to ויברך דוד, and so on.
- The rule: don't confuse yourself at the start with the whole prayer, which feels heavy. Each time push to say “מַעַט מְעַט בְּכוּנָה”, a little with intention, then a little more.
- In truth most people cannot pray the whole prayer with intention anyway, only a part. Each prays some part according to his own level: “אֵית מַאֲרֵי דִידִין וּמַאֲרֵי דְרַגְלִין”, “there are masters of the hands and masters of the feet.”

### A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

*Don't measure yourself by the whole siddur. One line said with heart is a real prayer: pick one section today and give it your heart. Tomorrow, add a little.*

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