

***Birkat HaMazon* Unit**
***Birkat HaMazon* as a Prayer and a Blessing, Lesson 8**
Worksheet, WHY PRAY?

Name: _____

Date: _____

Reason To Pray	Do you relate?	Found in <i>Birkat HaMazon</i>?	Where?
1. Prayer can be an opportunity to speak with God, and establish a relationship with Him.			
2. Prayer can be an opportunity for self-reflection.			
3. Prayer can be a means towards ethical activity and improvement through self and communal evaluation.			
4. Prayer can be the expression of hopes, desires, and visions, both communal and individual.			
5. Prayer can be an opportunity to express one's innermost feelings and emotions, whether gratitude, awe, excitement or any other.			
6. Prayer can be vehicle for awareness and appreciation of special moments and events			
7. Prayer can be a means of comfort from fears and anxieties			
8. Prayer can be an opportunity for participation in a community			
9. Prayer can be a link to tradition and to one's heritage or background			
10. Prayer, if performed regularly, can be an opportunity to develop self-discipline			
11. Prayer can be seen as a Mitzvah, something we do because God commands it or because we are Jewish			
12. Prayer can be an occasion for textual study, which may lead to intellectual growth or the aesthetic appreciation of meaningful poetry			
13. Other reason (specify):			
14. Other reason (specify):			