

# Overcoming Our Resistance to Davening

## פרשת ויקהל

An exorbitant amount of time is spent on achieving financial success. Late hours at work and continued education are common to our society. We are entrenched in the pursuit of money. Dovid Hamelech addresses this in Tehillim (62:9), and shares with us the secret to achieving financial success.

The Pasuk states, "Trust in Hashem all the time, pour your heart out in front of him, Hashem is our place of refuge." The Seforno explains that in this Pasuk, Dovid is addressing those that are occupied in financial pursuits, and he is telling them how to achieve success. He says they should trust in Hashem all the time. In addition, they should humble their hearts to pray for their success, and they should not trust in the heavenly signs, as there is no hope from anything else besides Hashem. At first glance, Dovid's speech seems difficult to understand and requires further clarification. Dovid starts off by saying, "Rely on Hashem all the time." This indicates that he feels the group he is addressing can relate to this speech,

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and fully believe that everything is in the hand of Hashem. Yet, he then says that one should humble themselves to daven to Hashem, which implies that this same group finds it difficult to accept the belief that everything is in the hands of Hashem. Otherwise, why would they have to humble themselves?

We can resolve this apparent contradiction by explaining that Tefillah requires a person to ask and beg Hashem for help. Asking for help and begging is the deepest expression of a person feeling that this is not in his control, and the results are not based on his efforts. This is a message that we naturally resist, due to a desire to feel that our successes are based on our talents and efforts. We want to take the credit. So although a person may have been able to appreciate a level where he can fully trust and rely on Hashem, always begging Hashem requires a deeper level of internalizing a person's lack of involvement in the results, and may be met with resistance. However, Dovid Hamelech tells us that this resistance can be dispelled by deepening our awareness that there is no hope in anything besides Hashem, and therefore we have no choice but to beg Hashem.

If the above-mentioned resistance is true for a person who can relate to the level of trusting in Hashem, how much more so does it apply to a person who has not yet attained this level. It is therefore integral that we address this resistance to Tefillah, so that our tefillos can achieve their desired result. A practical solution that we can employ to help dispel this resistance, is to increase our focus on the Pasuk of ה' שפתי תפתח, which is said in the beginning of שמונה עשרה. The Dubna Maggid explains that these words express a complete dependency on Hashem, that we can't even open up our lips without Him. By saying this we are deepening our awareness that Hashem is in control of everything, and we have no choice but to beg Him for all of our needs.

BASED ON THE WEEKLY SHMUESS GIVEN BY HARAV SHAYA COHEN, ROSH HAYESHIVA ZICHRON ARYEH

לעילוי נשמת גיטל בת הרב אליעזר מנוח  
לעילוי נשמת הרב יוסף חיים בן מאיר  
לרפואה שלמה רפאל חיים דוב בן ריסא שושנה