

## The Shmoneh Esreh      The Sequence:

		Open my lips... Step Forward	Conscious of Presence			
Praise	1	<b>אבות</b> <i>Forefathers</i>	Log on identity			
	2	<b>גבורות</b> <i>Might</i>	Acknowledge Infinite power			
	3	<b>קדושה</b> <i>Transcendence</i>	Acknowledge Infinite Transcendence			
Plead	4	<b>דעת</b> <i>Mind</i>	Without a mind there is no prayer (Levush)		Individuals	
	5	<b>תשובה</b> <i>Return</i>	As soon as we have a mind, we recognize we are distant (Levush)			
	6	<b>סליחה</b> <i>Forgiveness</i>	Once closer, we need forgiveness (Levush)			
	7	<b>גאולה</b> <i>Rescue</i>	Once forgiven, we merit to be rescued (Tanya)			
	8	<b>רפואה</b> <i>Healing</i>	Once free of stress and anxiety, we can be healthy (Levush)			
	9	<b>פרנסה</b> <i>Sustenance</i>	Once healthy, we can enjoy the benefits of our income (Levush)			
	10	<b>קיבוץ גלויות</b> <i>Gathering the Exiles</i>	The ingathering of the exiles occurs when the year is blessed (Levush)			Community
	11	<b>משפט</b> <i>Justice &amp; Leadership</i>	Once we are gathered together, we can establish justice (Levush)			
11a	<b>מלשנים</b> <i>Informers</i>	Once there is justice, wickedness will be vanquished (Levush)				
12	<b>צדיקים</b> <i>The Righteous</i>	Once there is justice, the righteous will flourish (Levush)				
13	<b>ירושלים</b> <i>Jerusalem</i>	Where will the righteous flourish? In Jerusalem. (Levush)				
Exit	14	<b>משיח</b> <i>Moshiach</i>	Once we are in Jerusalem, then will come Moshiach (Levush)			
	15	<b>שמע קולנו</b> <i>Listen</i>	Now your world is built and ready for prayer (Levush)			
	16	<b>רצה</b> <i>Acceptance</i>	Once there is prayer, then there is the Temple and the Avodah (Levush)			
	17	<b>מודים</b> <i>Thanks</i>	And then we can give thanks (Levush)			
	18	<b>שלום</b> <i>Peace</i>	All blessings can only reside where there is peace (Ya'aros D'vash)			
		Private Petition      Step Back				