

According to tradition, the morning Amidah prayer provides us with an opportunity to step into God's presence, to have a personal encounter with our Creator, if we say the preceding prayers with the appropriate kavvanah. But what happens when that encounter has been completed? How do we maintain our connection with God after we step backwards and away at the end of the Amidah? Such questions are not addressed by the Amidah's traditional closing prayer. The following prayer was written to fill that gap; it appears in the author's Siddur Eit Ratzon (www.newsiddur.org), a traditional prayerbook designed for those who seek spirituality and meaning beyond what they have found in conventional prayerbooks.

MEDITATION

Closing Prayer: God's Presence.

*This meditation may be said silently or may be read aloud
(and slowly) by the leader and/or the congregation.*

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Elohai, my God:

As I leave Your presence
I remind myself that it is I,
not You, who is leaving,
for You are always present in my life.

When I take a deep breath,
I can find You again,
for You are only a breath away.

When I picture Your light, and turn toward it,
my darkness is dispelled,
for in Your light I see light.

When my soul utters a prayer,
I know that You hear me,
for You are always receptive to prayer.

Elohai, my God:

Help me recognize and acknowledge
all the blessings that You provide;
for when I express my gratitude
I am reminded of Your presence.

Help me remember that You created everything,
that the world does not revolve around me;
for when I express my humility,
I am reminded of Your presence.

Help me ask You for guidance and assistance,
and affirm that You
make a difference in my life;
for when I express my dependence,

I am reminded of Your presence.

Shi-vi-ti A-do-nai l'neg-di ta-mid.

Help me keep Your presence
directly in my field of vision
at each and every moment.

V'shav-ti b'veit A-do-nai l'Ó-rech ya-mim.

Help me choose each day to live in Your house,
to feel Your presence all the days of my life.

Yih-yu l'ra-tzon im-rei fi, v'heg-yon
lib-bi l'fa-né-cha, A-do-nai tzu-ri v'go-a-li.

You are my rock, source of my strength.
You are my redeemer, source of my hope.
And You accept, with love and joy,
 the words of my mouth
 and the meditations of my heart.
And that is so. Amein.