

# When to Pray (Torah Rhythm)

Prayer in Torah is not just “whenever you feel like it.”

It’s tied to **daily rhythm**, **appointed times**, and **real-life moments** where alignment is needed.

## Morning

Morning prayer is about **dedication and direction**.

It’s a daily reset:

- “Guide my steps today.”
- “Keep me in obedience.”
- “Let my mind be clean.”

Morning = starting the day aligned.

## Evening

Evening prayer is about **review and reflection**.

It’s a daily check-in:

- “Search me.”
- “Show me where I drifted.”
- “Help me correct tomorrow.”

Evening = returning, repenting, and resting.

## At Appointed Times

Torah teaches **set times** (mo’edim) appointed seasons.

So prayer becomes deeper during:

- New moons (beginning of months)
- Feast days (set-apart appointments)
- Shabbat (weekly covenant reminder)

This teaches beginners:

Prayer isn’t only personal it’s also covenant timing.

## **In Distress**

When you're in trouble, prayer is not panic—it's alignment.

Distress prayers sound like:

- “Deliver me.”
- “Strengthen me.”
- “Keep me from fear.”
- “Show me what to do next.”

It's calling on YAHUAH as protector and judge.

## **Before Major Decisions**

Torah-aligned prayer before decisions asks:

- “Is this clean?”
- “Does this violate Torah?”
- “Will this pull me away from covenant?”
- “Is this wise, or just desire?”

This protects people from “praying for what they want” instead of “praying for what's right.”

## **During Fasting**

Fasting & prayer is about **humbling yourself**.

It's used for:

- repentance
- seeking clarity
- breaking stubborn patterns
- crying out for mercy

Fasting doesn't “force” YAHUAH.  
It changes *you*.