

# What Does “Palal” Actually Mean

**Hebrew Word:** פָּלַל (*Palal*)

Most people think prayer means:

- Begging
- Crying
- Talking to the sky
- Emotional release

But in Hebrew thinking, that’s not the full picture.

## What “Palal” Really Means

The root idea of *Palal* is:

- To judge
- To examine
- To intervene
- To intercede
- To step in between

That changes everything.

## Prayer Is Not Begging

Many beginners think prayer sounds like this:

“Please, please, please... give me what I want.”

But in Torah understanding:

Prayer is not desperation.

Prayer is alignment.

It's not trying to convince YAHUAH.  
It's positioning yourself correctly before Him.

## Prayer Is Covenant Language

In Hebrew culture, *Palal* carries courtroom meaning.

Think of it like this:

- There is a covenant.
- There are instructions (Torah).
- There are consequences and promises.
- Prayer is coming before the Judge.

But here's the twist:

Before asking YAHUAH to judge others,  
you examine yourself first.

That's *Palal*.

## Prayer Is Self-Examination

When you pray, you are asking:

- Am I walking in obedience?
- Am I aligned with Torah?
- Is my request consistent with covenant?
- Is my heart clean?

Prayer becomes a mirror.

It corrects you before it corrects your situation.

# Prayer Is Standing in Alignment

Instead of saying:

“YAHUAH, fix them.”

You begin to say:

“YAHUAH, align me.”

That’s powerful.

Because covenant blessings flow through obedience, not emotion.

## Why This Surprises Beginners

Most people were taught:

Prayer is emotional conversation.

But in Torah understanding:

Prayer = covenant positioning.

It’s:

- Judicial
- Reflective
- Corrective
- Aligned with instruction

That shift changes how someone approaches YAHUAH completely.