

What Prayer Is NOT

Before we understand what prayer is...
We need to understand what it is not.

Torah draws clear lines between covenant practice and pagan practice.

Deuteronomy 18 warns Israel not to copy the spiritual customs of the nations.

Prayer in Torah is not mystical technique.
It is covenant communication.

Not Chanting

Prayer is not repeating phrases to enter a trance.

It is not about altered states or hypnotic rhythm.

Torah prayer is conscious, intentional, and aware.

It involves understanding not empty sound.

Not Vain Repetition

Repeating words without heart alignment does nothing.

Prayer is not saying the same phrase over and over hoping it gains power.

Power is not in repetition.

Power is in obedience and humility.

Not Mystical Energy

Prayer is not:

- Energy shifting
- Frequency manipulation
- Vibration alignment

Torah does not teach energy control.

It teaches covenant relationship.

YAHUAH is not a force.
He is Judge and King.

Not Manifestation

Prayer is not “speaking things into existence.”

It is not declaring your own reality.

You do not create outcomes with your words.

Prayer submits to YAHUAH’s will.

It does not override it.

Not Astrology

Prayer is not reading signs in stars.

It is not consulting planetary movements.

Deuteronomy 18 warns against divination and celestial practices used by surrounding nations.

The sun and moon mark time.
They are not sources of guidance.

Not Emotional Hype

Emotion is not wrong.

But prayer is not emotional performance.

Shouting louder does not increase authority.
Crying harder does not increase power.

Prayer is measured by alignment not intensity.

Why This Section Matters

Many beginners mix:

- Torah

- Church tradition
- New Age ideas
- Cultural spirituality

This section brings clarity.

It protects them from confusion.

It keeps prayer rooted in covenant.

Prayer is not spiritual technique.

It is covenant alignment before YAHUAH.