

How to Start Praying the Torah Way

If all of this feels new, don't overcomplicate it.

You do not need special words.
You do not need perfect Hebrew.
You do not need long prayers.

Start simple.

Here's a clean daily routine:

Read One Psalm

Choose one Psalm.

Read it slowly.

Notice:

- How it praises
- How it confesses
- How it cries out
- How it remembers covenant

Let Scripture teach you how to speak.

Speak Gratitude (Todah)

Say thank You.

Not generically.

Be specific.

“Thank You for protection.”
“Thank You for correction.”
“Thank You for provision.”

Gratitude softens the heart.

Confess Where Needed

Ask:

“Where did I drift?”
“Where was I impatient?”
“Where did I ignore instruction?”

Say it plainly.

No drama.
No shame.

Just realignment.

Ask for Strength to Obey

Instead of asking for comfort, ask for strength.

“Strengthen me to walk upright.”
“Guard my speech.”
“Help me choose obedience.”

This keeps prayer inside covenant.

Close With Commitment

End intentionally.

“I will walk in Your ways today.”
“I choose covenant.”
“Correct me when I drift.”

Prayer ends with action.

That's It.

Read.
Thank.
Confess.
Ask for strength.
Commit.

Clean.
Simple.
Practical.

Gentle Encouragement for Beginners

You do not need perfect words.

YAHUAH responds to humility and alignment not performance.

Start small.
Stay consistent.
Grow naturally.