

# Judaism

"Hallelujah" by Leonard Cohen

Now I've heard there was a \_\_\_\_\_ chord  
That David played, and it \_\_\_\_\_ the Lord  
But you don't really \_\_\_\_\_ for music, do you?  
It goes like this  
The fourth, the fifth  
The minor fall, the major lift  
The baffled king \_\_\_\_\_ Hallelujah

Hallelujah

Your faith was strong but you \_\_\_\_\_ proof  
You saw her bathing on the \_\_\_\_\_  
Her beauty and the \_\_\_\_\_ overthrew you  
She tied you to a kitchen chair  
She broke your \_\_\_\_\_, and she cut your hair  
And from your \_\_\_\_\_ she drew the Hallelujah

Hallelujah, Hallelujah

Hallelujah, Hallelujah  
You say I took the name in \_\_\_\_\_  
I don't even know the name  
But if I \_\_\_\_\_, well really, what's it to you?  
There's a blaze of light  
In every word  
It doesn't \_\_\_\_\_ which you heard  
The holy or the \_\_\_\_\_ Hallelujah

Hallelujah

I did my best, it wasn't much  
I couldn't feel, so I tried to \_\_\_\_\_  
I've told the truth, I didn't come to \_\_\_\_\_ you  
And even though it all \_\_\_\_\_ wrong  
I'll stand before the \_\_\_\_\_ of Song  
With nothing on my tongue but Hallelujah

Hallelujah

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What are the differences between Judaism, Christianity and Islam?

Why have Jews been persecuted so much throughout history?

If Jesus was the King of the Jews, why don't Christians also follow Judaism?

What do you know about customs, rituals and celebrations in Judaism?

How are Orthodox Jews different from other Jews?

What is Zionism?

Do men and women have different roles in Judaism?

How important is the nation of Israel in Judaism?

**Ten Commandments**

- Worship no other gods.
- Do not worship idols.
- Do not misuse the name of the Lord.
- Keep the Sabbath holy.
- Honor your father and mother.
- Do not murder.
- Do not commit adultery.
- Do not steal.
- Do not give false testimony
- Do not covet.

**13 Articles of Faith**

- God exists
- God is one and unique
- God is incorporeal
- God is eternal
- Prayer is to God only.
- The prophets spoke truth.
- Moses was the greatest of the prophets.
- The Written and Oral Torah were given to Moses.
- There will be no other Torah.
- God knows the thoughts and deeds of men.
- God will reward the good and punish the wicked.
- The Messiah will come.
- The dead will be resurrected

## CELEBRATIONS:

- **Purim** celebrates the deliverance of the Jewish people from the wicked Haman in the days of Queen Esther of Persia.
- Passover (**Pesach**) celebrates the deliverance of the Jewish people from slavery in Egypt. Our Passover megasite has tools, guides, insights, stories, inspiration—and just about everything you need to celebrate Passover. (But bring your own wine.)
- Thirty days ago we cleaned our homes and souls of leaven, and matzahed our way through the week-long festival of Passover. And now, Pesach Sheni—a **Second Passover!**
- **Shavuot** marks the giving of the Torah on Mt. Sinai. The Ten Commandments are read in synagogues, just as they were in the desert on Mt. Sinai over 3,300 years ago.
- **Rosh Hashanah** is the Jewish New Year. It is the anniversary of the creation of Adam and Eve, and a day of judgement and coronation of G d as king.
- Virtually everything you need to know about **Yom Kippur**, the holiest day on the Jewish calendar. **Day of Atonement**, is the holiest day of the year for the Jewish people.<sup>[1]</sup> Its central themes are atonement and repentance. Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services.
- **Chanukah** commemorates the rededication of the Temple in Jerusalem after a group of Jewish warriors defeated the occupying mighty Greek armies.

Video on Youtube: ☆ What is a Jew?

## Some vocabulary:

Synagogue

Rabbi

Sabbath

Kosher

Holocaust

Bar Mitzvah

Bat Mitzvah

Orthodox = traditional, most rules, follow kosher rules; only men can be rabbis and only bar mitzvahs; speak Hebrew

Reform = more modern, less rules, women can be rabbis and allow bat mitzvahs; many do not follow kosher rules

Conservative = branch of Judaism: in between orthodox and reform

Torah

# PRAYER CONTEMPLATION MEDITATION

**Prayer** (from the Latin *precari* "to ask earnestly, beg, entreat") is an invocation or act that seeks to activate a rapport with an object of worship through deliberate communication.

Prayer can be a form of religious practice, may be either individual or communal and take place in public or in private. It may involve the use of words, song or complete silence. When language is used, prayer may take the form of a hymn, incantation, formal creedal statement, or a spontaneous utterance in the praying person. There are different forms of prayer such as petitionary prayer, prayers of supplication, thanksgiving, and praise. Prayer may be directed towards a deity, spirit, deceased person, or lofty idea, for the purpose of worshipping, requesting guidance, requesting assistance, confessing transgressions (sins) or to express one's thoughts and emotions. Thus, people pray for many reasons such as personal benefit, asking for divine grace, spiritual connection, or for the sake of others.

Christian prayers are quite varied. They can be completely spontaneous, or read entirely from a text, like the Anglican Book of Common Prayer. The most common prayer among Christians is the Lord's Prayer, which according to the gospel accounts (e.g. Matthew 6:9–13) is how Jesus taught his disciples to pray. The Lord's prayer is a model for prayers of adoration, confession and petition in Christianity.

Christians generally pray to God or to the Father. Some Christians (e.g., Catholics, Orthodox) will also ask the righteous in heaven and "in Christ," such as Virgin Mary or other saints to intercede by praying on their behalf (intercession of saints). Formulaic closures include "through our Lord Jesus Christ, Your Son, who lives and reigns with You, in the unity of the Holy Spirit, God, through all the ages of ages," and "in the name of the Father, and the Son, and the Holy Spirit."

It is customary among Protestants to end prayers with "In Jesus' name, Amen" or "In the name of Christ, Amen." However, the most commonly used closure in Christianity is simply "Amen" (from a Hebrew adverb used as a statement of affirmation or agreement, usually translated as *so be it*).

In the Western or Latin Rite of the Roman Catholic Church, probably the most common is the Rosary; In the Eastern Church (the Eastern rites of the Catholic Church and Orthodox Church), the Jesus Prayer. The Jesus Prayer is also often repeated as part of the meditative hesychasm practice in Eastern Christianity.

Roman Catholic tradition includes specific prayers and devotions as *acts of reparation* which do not involve a petition for a living or deceased beneficiary, but aim to *repair the sins of others*, e.g. for the repair of the sin of blasphemy performed by others.

Other forms of prayer among Catholics would be meditative prayer, contemplative prayer and infused prayer discussed at length by Catholic Saints St. John of the Cross and St. Theresa of Jesus.

**Contemplation** means profound thinking about something. The word *contemplation* comes from the Latin word *contemplatio*. Its root is also that of the Latin word *templum*, a piece of ground consecrated for the taking of auspices, or a building for worship, derived either from Proto-Indo-European base \*tem- "to cut", and so a "place reserved or cut out" or from the Proto-Indo-European base \*temp- "to stretch", and thus referring to a cleared space in front of an altar.<sup>[1]</sup> The Latin word *contemplatio* was used to translate the Greek word *θεωρία* (*theoria*). In a religious sense, contemplation is usually a type of prayer or meditation.

In Christianity, contemplation refers to a content-free mind directed towards the awareness of God as a living reality. This corresponds, in some ways, to what in Eastern religion is called samadhi. Meditation, on the other hand, for many centuries in the Western Church, referred to more cognitively active exercises, such as visualizations of Biblical scenes or *lectio divina* -- the practice of a slow, thoughtful, "savoring" reading of a Bible verse.

Contemplation as a practice is finding greater resonance in the West both in business – for example in Peter Senge's book *The Fifth Discipline: The Art and Practice of the Learning Organization* – and in universities in fields as diverse as architecture, physics, and the liberal arts.

In Catholic Christianity, contemplation is given importance. The Catholic Church's "model theologian," St. Thomas Aquinas wrote: "It is requisite for the good of the human community that there should be persons who devote themselves to the life of contemplation." One of his disciples, Josef Pieper commented: "For it is contemplation which preserves in the midst of human society the truth which is at one and the same time useless and the yardstick of every possible use; so it is also contemplation which keeps the true end in sight, gives meaning to every practical act of life."

**Meditation** is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. The term *meditation* refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (*qi*, *ki*, *prana*, etc.) and develop compassion, love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

The word *meditation* carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way—for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of that training.

Meditation may involve generating an emotional state for the purpose of analyzing that state—such as anger, hatred, etc.—or cultivating a particular mental response to various phenomena, such as compassion. The term "meditation" can refer to the state itself, as well as to practices or techniques employed to cultivate the state. Meditation may also involve repeating a mantra and closing the eyes. The mantra is chosen based on its suitability to the individual meditator. Meditation has a calming effect and directs awareness inward until pure awareness is achieved, described as "being awake inside without being aware of anything except awareness itself." In brief, there are dozens of specific styles of meditation practice, and many different types of activity commonly referred to as meditative practices.

Buddhist meditation refers to the meditative practices associated with the religion and philosophy of Buddhism. Core meditation techniques have been preserved in ancient Buddhist texts and have proliferated and diversified through teacher-student transmissions. Buddhists pursue meditation as part of the path toward enlightenment and nirvana. The closest words for meditation in the classical languages of Buddhism are *bhāvanā*, *jhāna*/*dhyāna*, and *vipassana*. According to Manmatha Nath Dutt, there is hardly any difference between mainstream Hinduism's Dhyana, Dharana and Samadhi with the Buddhist Dhyana, Bhavana, Samadhi, especially as both require following the precepts (*nayas* and *niyamas*.)

Buddhist meditation techniques have become increasingly popular in the wider world, with many non-Buddhists taking them up for a variety of reasons. There is considerable homogeneity across meditative practices – such as breath meditation and various recollections (*anussati*) – that are used across Buddhist schools, as well as significant diversity. In the Theravāda tradition alone, there are over fifty methods for developing mindfulness and forty for developing concentration, while in the Tibetan tradition there are thousands of visualization meditations. Most classical and contemporary Buddhist meditation guides are school-specific.

The Buddha is said to have identified two paramount mental qualities that arise from wholesome meditative practice:

- "serenity" or "tranquillity" (Pali: *samatha*) which steadies, composes, unifies and concentrates the mind;
- "insight" (Pali: *vipassana*) which enables one to see, explore and discern "formations" (conditioned phenomena based on the five aggregates).

Through the meditative development of serenity, one is able to release obscuring hindrances; it is with the release of the hindrances through the meditative development of insight that one gains liberating wisdom.

**What is the Difference Between Meditation and Contemplation?** <https://www.youtube.com/watch?v=6cEvJ4R4Qhc>

**The Difference Between Meditation and Prayer | Super Soul Sunday | Oprah Winfrey Network** <https://www.youtube.com/watch?v=Rp1DGDaHvHg>

**Meditation 101: A Beginner's Guide Animation** <https://www.youtube.com/watch?v=rqoxYKtEWTc>