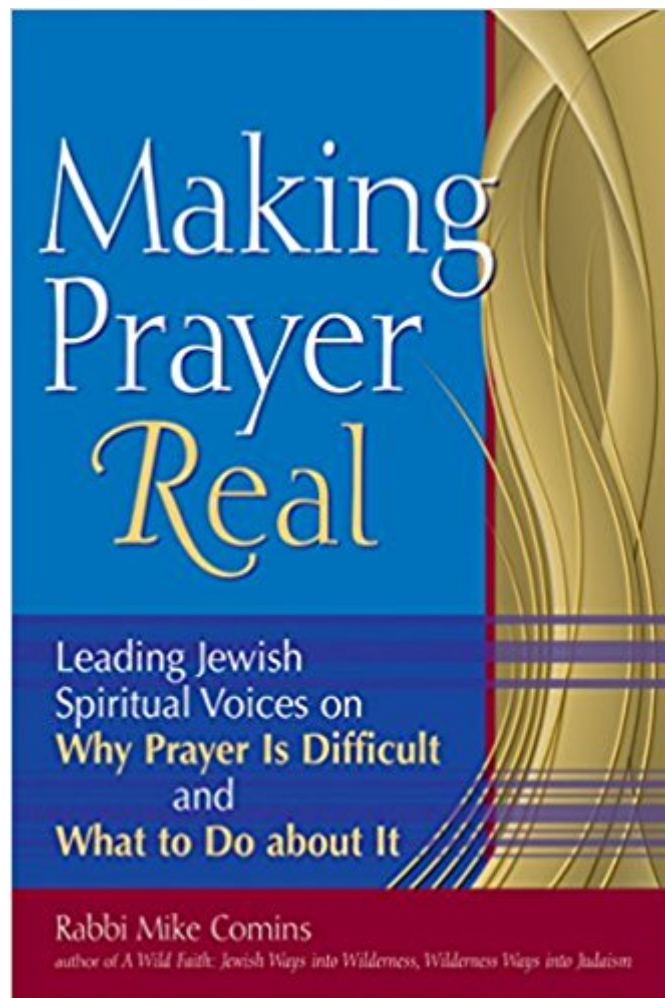




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# Making Prayer Real: Leading Jewish Spiritual Voices On Why Prayer Is Difficult And What To Do About It



## Synopsis

Fresh, Useful Perspectives on the Spiritual Dynamics of Prayer"Better music, better sermons and better prayer books can only go so far. Many innovations have been tried around the world, and no doubt, synagogue leadership will continue to think creatively about improving services. But deep and lasting change will only come when each of us takes ownership and responsibility for what only we can really guide—our inner lives."—from the Preface

Join over fifty Jewish spiritual leaders from all denominations in a candid conversation about the why and how of prayer: how prayer changes us and how to discern a response from God. In this fascinating forum, they share the challenges of prayer, what it means to pray, how to develop your own personal prayer voice and how to rediscover meaning and God's presence in the traditional Jewish prayer

book.

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## Customer Reviews

Put your heart's desires into words--no one else can truly pray for you. Have you lost faith in prayer? Do you wonder just who you are praying to and if it is worth the effort? Does your search for religious meaning take you anywhere but to synagogue and the traditional Jewish prayer book? If so, you're not alone. This is a no-holds-barred look at why so many of us find synagogue services and prayer at best difficult, and at worst, meaningless and boring--and how to make it more satisfying. Rabbi Mike Comins draws from over fifty interviews with Jewish spiritual leaders from all denominations, as well as from their "best prayer practices." He offers a new and different response to the challenges of prayer to entice and inspire you to become a "prayer person," a person who engages in prayer to play the heart strings of the soul. He then guides you in overcoming the obstacles to achieving a satisfying prayer life through twenty-four innovative and traditional practices, relating prayer to the needs of conscious living: \* Nurturing joy \* Increasing mindfulness \* Facilitating self-change \* Dealing with tragedy \* Responding to loss

Rabbi Mike Comins, the founder of TorahTrek Spiritual Wilderness Adventures ([www.TorahTrek.com](http://www.TorahTrek.com)) and the Institute for Jewish Wilderness Spirituality ([www.ijws-online.org](http://www.ijws-online.org)), is the author of *A Wild Faith: Jewish Ways into Wilderness*, *Wilderness Ways into Judaism* and *Making Prayer Real: Leading Jewish Spiritual Voices on Why Prayer Is Difficult and What to Do about It* (both Jewish Lights). He studied classical Jewish texts at the Pardes Institute, earned his MA in Jewish education from Hebrew University and was ordained in the Israeli rabbinical program of Hebrew Union College. He was a founding member and the first director of education at Kehilat Kol Haneshama in Jerusalem. He lives, teaches and writes in Los Angeles, and serves as a scholar-in-residence for schools and synagogues around the world. Rabbi Mike Comins is available to speak on the following topics: Finding God in Nature: Buber, Heschel and the Kabbalah on the

Experience of Divinity in the Natural World  
How the Jews Lost Nature and Why We Need to Get Her Back  
Making Prayer Real: Why Prayer Is Difficult and What to Do about It  
Prayer, Teshuvah and Coping with Loss  
The Spiritual Dynamics of Traditional Prayer

I bought this one for a class our own Rabbi here in Pasadena, CA is giving, but the book is readable and true to its intention: assisting modern, secular congregants find spiritual meaning and a sense of connection with God, through traditional Jewish liturgy. To be frank, I've only gotten through the beginning of the book, but even this book's posing the questions regarding the problems with traditional Jewish liturgy, contrasted with how modern rabbis and Jews have found meaning and even transcendent experiences through prayer, is inspirational. Dense with both philosophical analysis and major religious issues, this is by no means fictional "page turner," but well worth the effort; the book's structure, featuring short quotes and essay by many leading modern spiritual rabbis makes it easy to take the book in small doses for those, like me, who may need time to digest the "big picture" life questions which may be addressed through prayer. Recommended for anyone struggling with religion/theology and its relationship to modern, everyday life.-----Neil

A wonderful book. I purchased the ebook. After reading it,, I decided to purchase a print copy to use as a reference so I can write notes in it. Highly recommend.

Very interesting and helpful. I know prayer is necessary, real, and makes a difference, but how to treasure it and do it with more joy? I learned a lot.

The best compliment I can give this book - and it deserves it - is that I wish it was available decades ago since it would have saved me a lot of stumbling around. This is the book synagogue should give out to every Bar/Bat Mitzvahs along with the requisite Tanach and trees planted in their honor in Israel. Indeed, if every rabbi made that gift then it would make a perceptible impact on the second Holocaust Jews face today - assimilation.

This book is a compilation of commentary from rabbis from all traditions and addresses those who are on a journey to connect spirituality to their religion in very human ways.

Readable and practical. I particularly appreciated the inclusion of other prayers remarks on the

various topics as that helped with presenting a broader spectrum. If one idea did not seem to fit, another one did.

This book exceeded my expectations. A wonderful compilation of voices covering all aspects of prayer. A book I will return to many times.

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