

What Did Yahshua Pray?

Part 2

יְבָרֶכְךָ יְהוָה וַיְשַׁמְרֶךָ:
יְאֹר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֵּן
יֵשָׁא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשְׂ

בְּרֹכַת שְׁלוֹם
וְחַסְדֵּךָ וְרַחֲמִים עָלֵינוּ וְעַל כָּל
בְּרַכְּנוּ אֲבֵינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר
כִּי בְּאוֹר פָּנֶיךָ נִתְּתָ לָנוּ, יְהוָה אֱ
תוֹרַת חַיִּים וְאַהֲבַת חֶסֶד
וְיִדְבָּקָה וּבְרֹכָה וְרַחֲמִים וְחַיִּים

May the LORD bless you and prot
Cong: May it be Your wi
May the LORD make His face shine
Cong: May it be Your wi
May the LORD turn His face toward
Cong: May it be Your will.

kindness and blessi
Your people.
our Father, all as one,
the light of Your face,
the light of Your face You have given us,
our God, the Torah of life and love of kin
blessing, compassion, life

The Amidah

or Eighteen Benedictions was taught to
and prayed by Yahshua.

The Amidah (תפילת העמידה), *Tefilat HaAmidah*, "The Standing Prayer", or the *Shemoneh Esreh* (שמונה עשרה) "eighteen" is the central prayer of the Jewish liturgy.

Last Time:

What Is The Amidah?

The History Of The Amidah

Layout Of The Amidah

Read Each Of The Benedictions

Cross Referenced Each To The Bible

Was Yahshua A Rabbi

The Jewish practice of daily prayer was the tradition in which Yahshua, for almost 30 years, learned to pray. Following Jewish custom He prayed three times a day:

- morning prayer at sunrise
- afternoon prayer at the time of the evening sacrifice in the Temple in Jerusalem (3pm)
- evening prayer at nightfall.

These three “hours” of prayer were the daily habit of every devout Jew.

It would be highly probable that Yahshua would have been saying these prayers as well.

Jewish customs, based on loose interpretations of the Torah, teach us that Abraham instituted the morning (as a time for) prayer, Isaac instituted the afternoon (as a time for) prayer, and Jacob instituted the night (as a time for) prayer.

(Daniel 6:10) Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

The three Hours of Prayer (particularly the third and ninth hours) were prophetic in nature.

Yahshua, the supreme sacrifice, was crucified in the third hour of the day (Mark 15:25). His witness of "darkness at noon day" occurred in the sixth hour (Mark 15:33-34; Matthew 27:45).

Finally at the time of the evening oblation, being the ninth hour, Yahshua gave up the ghost and died for the sins of the world (Luke 23:44-46). These hours of prayer are

"Memorials" of Him.

It was the third hour on the day of Pentecost, when the 120 disciples were in the upper room praying for the promise of the Father when cloven tongues of fire sat upon each of them, and they were all filled with the Holy Spirit (Acts 2:3, 15). Not only was it the prophetic day (Pentecost) but also the prophetic hour.

Yahshua being a Jew, and well acquainted with this Biblical prayer system, had the Hours of Prayer in mind when He taught His disciples the value of "secret closet" prayer. Public demonstrations of observing the Hours of Prayer "to be seen of men" is not recommended, (although that would be better than none at all).

Yahshua said, "But thou, when thou prayest. enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly" (Matthew 6:6).

Morning

The Shema is the basic Jewish creed, taken from Deut 6:4-7. “Hear, O Israel: The LORD our God is one LORD; and you shall love the LORD your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”

Before and after reciting the Shema the worshipper prayed a number of benedictions or blessings. The second part of morning prayer was the Tephilla, meaning “The Prayer.” The Tephilla (or Amidah) was a hymn made up of the 18 Benedictions.

Afternoon

Prayer (3pm) consisted only of the Amidah, the 18 Benedictions

Evening

The third “hour” of prayer, the evening prayer, was the same as morning prayer: the Shema and the Amidah. Private petitions were added by each person following the offering of these prayers.

As well as these three daily hours of prayer Yahshua learned the traditional Jewish prayers before and after each meal, with special graces for Sabbath and Passover, and He took part in the regular Sabbath worship with its liturgical cycle of Psalms, Scripture readings and prayers.

This was a Jewish custom---not a part of the Law of Moses, and therefore its observance was not required. Yahshua "sanctioned" the practice of praying before meals by observing it Himself; when feeding the multitudes, and also when instituting the Last Supper.

**“And he took the seven loaves and the fishes, and gave thanks, and brake them, and gave to his disciples, and the disciples to the multitude.”
(Matthew 15:36)**

**And when he had thus spoken, He took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.
(Acts 27:35)**

Yahshua, the same night in which he was betrayed took bread: And when he had given thanks, he broke it, and said, "Take, eat: this is my body, which is broken for you: do this in remembrance of me." (I Corinthians 11:24)

And he took the cup, and gave thanks, and gave it to them, saying, "Drink you all of it; For this is my blood of the New Covenant, Which is shed for many, for the remission of sins." (Matthew 26:27,28)

The prayers Yahshua was taught at home and in the synagogue, (prayers from the liturgical tradition of His people), laid the foundation for His unique prayer relationship with His Father.

Matthew 6:7, “when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words.”

In the Gospels we see Yahshua praying at the critical moments of His life: • at His baptism when He was commissioned by the Father for His ministry; • on the night before He chose His apostles; • at His transfiguration; • before He healed the deaf man;

• when He raised Lazarus from the dead; • before He asked His disciples the crucial question “Who do people say that I am?” • when He taught His disciples to pray; • when they returned from their first mission; • on the night before His passion; • at the Last Supper; • on the cross.

Yahshua was continually in a prayer mode.

We can see Yahshua Messiah throughout the Amidah

Yahshua learned to pray by following the prayers inspired by the Spirit and set before Him in the daily liturgy of Israel. There was far more to Yahshua's prayer than the traditional Jewish model He grew up with. In His intimacy with God and His habit of spending hours alone with His Father, Yahshua went far beyond the traditional Jewish practices of prayer, but this tradition was how He was taught to pray.

Prayer brought life to Yahshua's whole ministry, prayer that He learned first from the liturgical tradition of Israel, in the three daily hours of prayer (Amidah), and in the Sabbath synagogue services.

Yahshua teaches His disciples to pray, in His own example at prayer, when the disciples ask Him, "Lord, teach us to pray."

Luke's account of Yahshua' answer (Luke 11:1-13) gives us the essence of His teaching on prayer. Yahshua begins by giving the disciples a model to copy.

“When you pray, say this...” (Luke 11:2).

He teaches them to pray by giving them a prayer which He expects them to learn by heart and use every day. Yahshua gives us a model. He teaches us to pray in the same way He Himself learned to pray.

**Paul's instruction to pray
“continually”, “without ceasing,” “day
and night”, may be a reminder to the
early Christians to observe the regular
hours of prayer. (1 Thessalonians 5:17)**

**The command: “Pray constantly”
(Romans 12:12) can mean: “be faithful
in observing the rite of prayer.”**

Rabbi Eliezer, a younger contemporary of Yahshua, taught this abbreviation of the Eighteen Benedictions: "May your will be done in heaven above, grant peace of mind to those who fear you [on earth] below, and do what seems best to you. Blessed are you, O LORD, who answers prayer."

Note the phrases "your will be done" and "in heaven above", and "[on earth] below" are found in the Lord's Prayer.

By the end of the 1st Century the Church had replaced the traditional Jewish prayers said at the three hours of prayer with the Lord's Prayer. The Didache (an early Christian manual of Church practice) says: "Three times daily you shall pray thus" and goes on to cite the Lord's Prayer (Didache 8:3). It's possible that the Church modelled its own pattern of daily worship on the pattern of Jewish synagogue prayer.

There was far more to the early Church's practice of prayer than observing regular hours of prayer, but these hours were the framework around which the practice of daily prayer was built. It's from the example of Yahshua and the early Church that the pattern of prayer developed that today is known as the "Divine Office" or the "Prayer of the Church".

And Yeshua said, “I am the living bread that came down from heaven. Whoever eats of this bread will live forever.” (John 6:51)

This desire to be forgiven of our sins is prayed daily by Jewish People as the sixth blessing of the Amidah, which reads: “Forgive us Our Father for we have sinned, and pardon us Our King for we have transgressed; for You pardon and forgive. Blessed are You, Yahovah, Who is merciful and forgives abundantly.”

**The 7th Amidah (Prayer For Deliverance From Affliction) may well have been a factor in Yahshua's prayer, from the cross:
(Matthew 27:46) And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?"**

**Also this comes directly from Psalms 22:1:
"My God, My God, why have You forsaken Me?
Why are You so far from helping Me, And
from the words of My groaning?"**

- The Book Of Acts twice refers to the afternoon prayer at 3pm (Acts 3:1; 10:30).

(Acts 3:1-2) Now Peter and John went up together to the temple at the hour of prayer, the ninth *hour*.² And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple;

(Acts 3:6-9) Then Peter said, Silver and gold have I none; but such as I have, give I thee: In the name of Yahshua of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God. And all the people saw him walking and praising God:

Yahovah was waiting for all to be gathered in the Temple and at the very moment of the Amidah, while all Israel was praising God, He healed this man. It wouldn't be surprising if it happened at the very moment the part of the prayer for healing (Amidah 8) was being said.

(Acts 10:30) So Cornelius said, “Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing,³¹ and said, ‘Cornelius, your prayer has been heard, and your alms are remembered in the sight of God.

The “hour of prayer” referred to saying the Amidah.

יְבָרְכֶךָ יְהוָה וְיִשְׁמְרֶךָ:
יְאֹר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֵּן
יֵשָׁא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשְׂ

רַחֲמֵיךָ וְרַחֲמֵיךָ
עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל
בְּרַכְּנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר
פְּנֵי בְּאוֹר פְּנֵיךָ נָתַתְּ לָנוּ, יְהוָה אֱלֹהֵינוּ
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד
וְיִדְבַּק וּבְרָכָה וְרַחֲמִים וְחַיִּים

May the LORD bless you and protect you,
Cong: May it be Your will.
May the LORD make His face shine
Cong: May it be Your will.
May the LORD turn His face toward
Cong: May it be Your will.

and bless
and compassion to us
your people.
our Father, all as one,
the light of Your face,
the light of Your face You have given us,
our God, the Torah of life and love of kindness,
blessing, compassion, life...

In Judaism, it is understood that Yahovah is The Provider. That is the theme of the second half of The Lord's Prayer. Like other portions of this prayer, "Give us this day our daily bread," was understood by the Jewish people of Yeshua's day, since it was spoken about in other prayers.

**In the 9th prayer of the Amidah it says,
“Bless upon us, O Eternal our God, this
year and all kinds of its produce [food] . . .
have mercy upon [the earth] and all of its
harvest and its fruits.” To acknowledge
God as the Provider, all Jewish prayers at
meals that include bread start off with this
blessing: “Blessed are you Yahovah, God
King of the Universe, who has brought
forth bread from the earth.”**

(Acts 1:6) — “Then the disciples gathered around Yahshua and asked Him, ‘Lord, are you at this time going to restore the kingdom to Israel?’”

To this day in synagogues worldwide, the Jewish People pray the ancient 14th (and the related 15th) benediction of the Amidah: “Return in mercy to restore and rebuild Jerusalem Your city and dwell therein as You have promised.”

“Speedily establish the throne of David Your servant [the Messiah].”

The Amidah includes three requests to “Our Father.” In the final Benediction, as one body, the congregation makes this request:

“Bless us, our Father, all of us as one, with the light of Your countenance. For by the light of Your countenance You gave us, Yahovah our God, the Torah of life and loving-kindness, righteousness, blessing, mercy, life and peace.” (Amidah 19)

Yahshua's statements and actions emulated what was prayed in the Amidah.

If Yahshua didn't actually recite the benedictions of the Amidah, He was influenced by what the prayers said.

Yahshua Taught Us The Importance of Prayer

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:
יְאֹד יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַן
יֵשָׁא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשְׂ

בְּרִכַּת מֵלֶכֶת טוֹבָה וּבְרִכָּה
חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
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תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד
וְיִדְבָּקָה וּבְרִכָּה וְרַחֲמִים וְחַיִּים

May the LORD bless you and protect you
Cong: May it be Your will
May the LORD make His face shine
Cong: May it be Your will
May the LORD turn His face toward us
Cong: May it be Your will.

...kindness and compassion to us
...all Israel Your people.
...our Father, all as one,
...the light of Your face,
...the light of Your face You have given us,
...our God, the Torah of life and love of kindness,
...blessing, compassion, life...

**Prayer makes us more like
Yahshua. If we look at the life of
Yahshua, we see that He prayed:**

- With others

**(Luke 9:28) “About eight days after Yahshua
said this, He took Peter, John and James with
Him and went up onto a mountain to pray.”**

The Transfiguration

- For others

(Matthew 19:13-14) “Then people brought little children to Yahshua for Him to place His hands on them and pray for them.”

Yahshua Blesses Little Children

- On His own

(Luke 5:16, 16) "But Yahshua often withdrew to lonely places and prayed."

(Luke 6:12) "One of those days Yahshua went out to a mountainside to pray, and spent the night praying to God."

Yahshua Chooses the Twelve

- To show us the heart of God

(John 17:1, 20-21) After Yahshua said this, He looked toward heaven and prayed: **1"Father, the hour has come."** --- **20" My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me"**

Yahshua' Prayer for His Disciples

- To reveal the wisdom of Yahovah

The best part about prayer is that it's a conversation that goes both directions. (James 1:5) "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Yahshua prayed all night before selecting the 12 apostles (Luke 6:12-16), and He prayed in the Garden of Gethsemane to try to ascertain God's will regarding what God was asking Him to do.

His time in prayer helped align His will with that of the Father, just as our time with God will do for us.

**Clearly prayer was important to
Yahshua –
- it was His lifeline and His
connection to the Heavenly
Father**

Prayer helps us become one with the Father and have the kind of relationship Yahshua had with Him.

The Bible is filled with stories illustrating God's desire to have an intimate relationship with His people, and any close relationship involves communication.

When we come into His presence, all pretense is gone—there is no longer anything to hide because He sees all and knows all.

**Prayer humbles us because
as we spend time with Him,
we realize how powerful and
able and good God is and
how much we need Him.**

Yahovah accepts us as we are - not because He wants us to stay that way - but because He knows that the relationship comes first.

Summary

What Did Yahshua Pray?

Yahshua Taught Us To Pray The Lord's Prayer

Amidah – 19 Benedictions

Prayer Was Deeply Rooted In Jewish Religious Belief

**Yahshua Would Have Been Brought Up And Trained In
This Set Of Beliefs**

**Jewish Tradition On How Prayer Was To Be
Accomplished**

Three Sections Of The Amidah

Summary

We Read Each Of The Benedictions

Yahshua As A Rabbi

**Correlation Between How Jewish Prayers Were Made
And How Yahshua And Early Christians Actually
Prayed**

When Yahshua Prayed

**Specific Links Between What Yahshua Said And Where
His Statements Were Found In The Amidah**

Yahshua Taught Us The Importance Of Prayer

**After getting in touch with
the heart of Yahovah
through prayer, and
realizing how much He
loves us, we will learn to
trust Him and value His
insight and guidance.**

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יֵשָׁא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשְׂ

ברכת שלום
שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה
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בְּרַכְנוּ אֲבֵינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר
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May the LORD bless you and protect you
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FACE
Grant peace, goodness and blessing
Grant kindness and compassion to us
and all Israel Your people.
know us, our Father, all as one,
with the light of Your face,
by the light of Your face You have given us,
our God, the Torah of life and love of kindness,
blessing, compassion, life and