

Seder Hitbodedut

Praise & Gratitude to Hashem

- Thank Hashem for every day that He renews the initial Creation.
- Thank Hashem for any health you enjoy.
- Thank Hashem for any livelihood you receive.
- Thank Hashem for family.
- Thank Hashem for friends.
- Thank Hashem for having taken us out of Mitzrayim.
- Thank Hashem for every Shabbat.
- Thank Hashem for the chagim.
- Thank Hashem for the Holy Torah.

Praying for Am Yisrael

- Daven (Pray) for Hashem to build the Beit HaMikdash.
- Daven for Mashiach to come b'rachamim.
- Daven for the refuah of people, both generally & by name.
- Daven over the troubles Am Yisrael experiences.
- Daven about the Galut.
- Daven about anything else you can think of.

Confession

- Confess your wrong-doings before Hashem.
- Request from Hashem *mechilah* & *slichah*.
- Regret your past.
- Take upon yourself to, *bli neder*, be better in the future.
- Judge yourself from yesterday until now.

Finding Your Good Points

- Give yourself credit for any efforts you make in the right direction.
- Give yourself credit for the times you overcame your yetzer hara: all the times you overcame your anger, refrained from speaking lashon, and so on.

Sha'at Ratzon — A Time of Favor

- Request from Hashem all that is in your heart, both your spiritual desires & your material desires.
- Believe that Hashem hears you & that no prayer is ever turned away empty-handed.