



## A Prayer for Prayer

O My God  
My soul's companion  
My heart's precious friend  
I turn to You.

I need to close out the noise  
To rise above the noise  
The noise that interrupts -  
The noise that separates -  
The noise that isolates.  
I need to hear You again.

In the silence of my innermost being,  
In the fragments of my yearned-for wholeness,  
I hear whispers of Your presence -  
Echoes of the past when You were with me  
When I felt Your nearness  
When together we walked -  
When You held me close, embraced me in Your  
love, laughed with me in my joy.  
I yearn to hear You again.  
In your oneness, I find healing.  
In the promise of Your love, I am soothed.  
In Your wholeness, I too can become whole again.

Please listen to my call-  
help me find the words  
help me find the strength within  
help me shape my mouth, my voice, my heart  
so that I can direct my spirit and find You in prayer  
In words only my heart can speak  
In songs only my soul can sing  
Lifting my eyes and heart to You.  
Adonai S'fatai Tiftach -open my lips, precious God,  
so that I can speak with You again.

*-Rabbi Sheldon Zimmerman*