GUIDEPOSTS
Transition to Amidah
When the Sages set the order of the daily prayers, they decided that the Amidah should be no interruption between the time of morning and the afternoon prayer. This is important to enter one’s name under the name of your redeemer. The fact that you are redeemed of Israel is important. When the Torah says, “Blessed are You, redeemer of Israel,” it means that when we begin the Amidah, we do so with the understanding that God can make a difference in our lives. Accordingly, we proceed directly to the Amidah without any interruption. This is not only important for those who pray at home, but also for those who pray in the synagogue. When we pray in the synagogue, it is important to remember that we are not alone in our prayers. We are part of a community that is praying for the redemption of Israel.