



A SHORT PRACTICE WITH RABBI BITTON

From an insight to a conversation with Hashem

An insight can touch your heart while you are learning. Later, when you return to your day, you may wonder how to bring it into the moment you are actually living.

Choose one teaching that stayed with you. Perhaps it helped you recognize a place where you long for more closeness to Hashem, a change you would like to make, or a different way of responding to someone you love. Bring that particular place into your conversation with Hashem.

In Rabbi Bitton's teaching, learning Pnimitiyut haTorah becomes something we speak about personally with Hashem. We ask to experience what we have learned, and to live it with greater humility, love and respect for others.

1. Begin with one insight

Write the idea in a sentence you understand. Keep its meaning faithful to the teaching. You do not need to summarize the whole class.

The insight that stayed with me:

2. Let it become personal

Where does this insight meet your life today? Name one real situation, relationship or response that you would like to bring before Hashem.

The place in my life where I want to bring it:

Bring it into your tefillah

3. Speak about your desire

You can begin with these words and continue naturally:

“Hashem, what stayed with me was...

I want to bring this into...

Please help me take this small step...”

4. Choose a small step

If a change feels too large, make the commitment smaller. Choose something concrete that you can return to. Bring your desire for that step into a few minutes of personal tefillah each day.

My small step:

5. Return with gratitude

When you notice progress, thank Hashem for helping you. Ask Him to continue helping you take the next step. Let the practice keep deepening your relationship with Him.

A brief tefillah you can adapt

“Hashem, help me bring what I have learned into the place where I need it today. Please help me take one sincere step, and let this learning deepen my humility, my love and my respect for others. Thank You for the ways You have already helped me. Please continue to guide me.”

If you have only a brief moment

Name one insight. Tell Hashem why it matters to you. Ask for help with one small step.