

B”H

Torah High School of San Diego

Mrs. Srugo -

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Syllabus: Tefillah 1 Class

Overview:

This course invites students to deepen their relationship with Hashem through the study and practice of Tefillah. We'll learn the history of Tefillah, why we pray, and understand the meaning of our prayers.

Course Objectives:

By the end of this course, students will be able to:

- Understand the structure and themes of main prayers
- Learn strategies for better concentration during Davening
- Build a stronger connection with Hashem through Tefillah

Course Content:

- What is Tefillah – Why we pray
- Daily Tefillah - Main prayers and the structure of Tefillah
- Practical Tools – How to make davening real every day

Assignments:

- Assignments include taking notes, completing worksheets, tests, quizzes, projects, all of which will all be announced in class. Expect at least one assignment per week.

Grading:

Participation - 50%

Tests/Projects - 30%

Reflection- 20%

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Syllabus: Navi 9- Melachim Bet

Goals:

- Students will develop a deep love of Torah as not only a subject but a guide for life, with ideas and role models that they can relate and aspire to.
- Students will sharpen their textual reading and translating skills by reading verses aloud, breaking down words by shresh (or 'root'), and learning new vocabulary.
- Students will build confidence in our discussion-based classroom model where they will be encouraged to share, question, comment, and present.
- Students will appreciate the book of Melachim Bet (Kings 2) as a warning of what happens when our leaders do not follow in the ways of Hashem.

Students will come away from each lesson with at least one practical application for their own lives.

Content:

- Sefer Melachim Bet (Kings 2)

Assignments:

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Grading:

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Stories About Tefillah

Tanach Stories

1. Chana's Prayer (Shmuel I 1)

- **Story:** Chana prays silently, pouring her heart to Hashem → model for the Amidah.
 - **Prompt:** *What's one personal tefillah I've whispered to Hashem that felt especially real?*
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2. Yaakov at Beit-El (Bereishit 28)

- **Story:** Yaakov prays in fear and uncertainty, source of Maariv.
 - **Prompt:** *When I feel worried or afraid, how could I use that moment to turn to Hashem with a tefillah?*
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3. Moshe's 515 Tefillot (Devarim 3)

- **Story:** Moshe begs Hashem to enter Eretz Yisrael, shows persistence in prayer.
 - **Prompt:** *Is there something I've asked Hashem for many times*
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4. Yonah in the Fish (Yonah 2)

- **Story:** Yonah thanks Hashem before being saved.
- **Prompt:** *What is something I can thank Hashem for right now, even if it's unfinished?*

5. Daniel in Bavel (Daniel 6)

- **Story:** Daniel risks his life to keep praying three times a day.
- **Prompt:** *What makes daily tefillah hard for me, and what's one way I can strengthen my consistency?*

Chassidic Stories

1. The Shepherd's Flute (Baal Shem Tov)

- **Story:** A shepherd plays his flute on Yom Kippur; his sincerity saves the community.
- **Prompt:** *What's one way I can make my tefillah more heartfelt, even if it's simple?*

2. The Child's Aleph-Beis (Baal Shem Tov)

- **Story:** A boy recites only the Aleph-Beis, trusting Hashem to “make the words.”
- **Prompt:** *Do I ever hold back from praying because I feel unworthy or “not good enough”? How can I remember Hashem just wants my effort?*

3. The Alter Rebbe & the Baby

- **Story:** A chassid ignores a baby's cry while davening; the Alter Rebbe teaches that true kavanah must make us more sensitive to others.
- **Prompt:** *How can my tefillah make me more caring toward the people around me?*

4. R' Levi Yitzchak's Defense

- **Story:** He praises a Jew fixing a wagon in tallis/tefillin as love for Hashem.
- **Prompt:** *What's one way I can look at another Jew's actions more positively — and turn it into a tefillah?*

5. Two Boxes for Eliyahu (Baal Shem Tov)

- **Story:** A man brings food/clothing to a widow for Shabbos

- **Prompt:** *How can I make my actions a form of tefillah this week?*

Tefillah Journal Prompts

Modeh Ani - Gratitude upon waking

What's one thing I usually take for granted in my morning routine that I want to thank Hashem for today?

Birchot HaShachar - Morning blessings

Which blessing feels most relevant to my life right now (sight, strength, freedom...)? Why?

Pesukei D'Zimra - Praises before Shema

What's something beautiful I saw or heard this week (sunset, music, a kind word) that reminded me of Hashem's world?

Shema - Accepting Hashem's oneness

In what area of my life do I need to remember that "Hashem is One" – even when things feel scattered or stressful?

Amidah (Shemoneh Esrei) - Standing before Hashem

If I could whisper one personal request into Hashem's ear today, what would it be?

Modim (Amidah - Gratitude)

What's one "small" thing that made me smile this week that I can thank Hashem for?

Refa'einu (Amidah - Healing)

Who in my life needs a refuah (healing) – physical, emotional, or spiritual – that I can daven for today?

Bareich Aleinu (Amidah - Livelihood & blessing)

What am I working hard on right now (school, friendships, goals)? How can I ask Hashem for help with it?

Kedusha (Amidah - Holiness)

What makes me feel “holy” or uplifted – being in nature, music, Shabbos, friends? How can I bring more of that into my week?

Aleinu - Our unique mission

What’s one way I can bring more Jewish pride into my daily life – even in small actions?

Tehillim / Personal Tefillah

If I could write my own short tefillah, what would I ask or thank Hashem for right now?

 These prompts make tefillah a personal reflection tool, not just words in a siddur.