



Project: Sermon Resource for Shluchim
Distribution Date: August 19, 2008 / ל"ח מנחם אב תשס"ח
Parsha: Ekev – עקב

בי"ה

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1. Why do we stand for prayers?
 They are in place of sacrifices
 which were brought standing.



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2. If we stand for prayer, why must
 we sit for Shema? To show we agree
 with sages ruling to sit, reflecting
 and concentrating is easier when
 sitting, and standing shows humility
 while sitting shows stature.

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3. Shema is a meditation on G-d , we
 sit but the Amidah is an actual
 meeting with G-d so we stand.



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4. Should we sit or stand when we
 listen to the reading of the Torah?
 Since we're hearing G-d's words,
 shouldn't we stand? A non Jewish
 king was rewarded for standing to
 hear G-d's words; shouldn't we as
 Jews stand?



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5. This weeks Moshe retells his going up Mt Sinai to receive the Tablets. First time he "sat" for forty days and nights but the second time he "stood" for that time. Which was it?



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6. One says he stood to hear G-d say it then sat to review it, one says he stood for the simple information and sat for the complicated. Until Rabban Gamliel, tradition was to stand, until people began to weaken and sitting became accepted.

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7. Because Moshe did both, we do both; standing during prayer and sitting for Torah learning.



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8. Standing, each person is a different height, sitting all are basically the same. When we pray, each on his level, we stand.



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9. When we learn, together, we sit
 so all are equal.



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