

מִצְוֹת  
עֲשֵׂה  
#5

 We learn this mitzvah from Parshas Mishpatim: (שמות כג:ה)

וְעַבַדְתֶּם אֶת  
ה' אֱלֹהֵיכֶם

Today's *mitzvah* is the same *mitzvah* again — that we need to serve Hashem through *davening*.

## Rambam: Hilchos Tefillah

### PEREK HEY

In today's Rambam, we learn more *halachos* about *davening*. We learn 8 things a person should try to do (*lechatchilah*) when they *daven Shmoneh Esrei*, the main part of *davening*:

- 1) We should be standing up
- 2) We should face the *Beis Hamikdash* (for most of us, that's *Mizrach*)
- 3) Our body should be clean for *davening*
- 4) Our clothes should be neat, and we should wear shoes
- 5) We should prepare a proper place, for example to always *daven* in the same place
- 6) We say *Shmoneh Esrei* quietly
- 7) We bow in certain places in *Shmoneh Esrei*
- 8) We bow after *Shmoneh Esrei* when we say *Tachanun*

### PEREK VOV

The Rambam teaches us to make sure we don't miss *davening* at the right time, by not starting other things at the time of *davening* (like eating a meal or getting a haircut).

### PEREK ZAYIN

We learn the *brachos* we say at other times of the day, like *Kriyas Shema She'al Hamita*, and morning *brachos*.

The Rambam tells us that we should say 100 *brachos* every day! (If you *daven Shacharis, Mincha, and Maariv*, and wear *Tallis* and *Tefillin*, you will already have most of the *brachos*. If you wash for bread and *bentch*, then you have even more. So it shouldn't be too hard to say 100 *brachos* every weekday!)