

מצוות  
עשה  
#5

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

וְעַבַדְתֶּם אֶת  
ה' אֱלֹהֵיכֶם

Today's *mitzvah* is the very same *mitzvah* again: That every Yid needs to *daven* every single day.

## The Backbone of the Day

*Davening* every day is a big *mitzvah*. But it's not just one of the 613 *mitzvos*, it also helps us with every other *mitzvah* we do!

*Chassidus* explains to us that *tefillah* is like the *Chut Hashedra*, the spine of the day. The spine is the long bone that goes down our back, holding us up so we can stand and walk. The spine is also what connects the brain to the rest of the parts of the body, so that we can move and feel our arms and legs.

*Davening* gives strength to every part of our day! It helps connect every part of our day with *kedusha*.

While we *daven*, we decide that we are ready to serve Hashem. We think about how we want to connect our *neschama* to Hashem through Torah and *mitzvos*, whatever it takes! The *kavana* we have during *davening* becomes the *kavana* for all of the *mitzvos* that we will do later in the day.

## Rambam: Hilchos Tefillah

### PEREK CHES

In this *perek*, we learn all about *davening* with a *minyan*! The Rambam tells us how important it is to *daven* with a *minyan* if we can, because Hashem always listens to the *Tefillah* of a *minyan*.

### PEREK TES

The Rambam teaches us HOW to *daven* with a *minyan*. We learn which parts the *chazan* says out loud, and which parts to say quietly by ourselves. We need to answer to *Kedusha* and *Kaddish*!

### PEREK YUD

We learn some of the *halachos* about if we make mistakes in *davening*. If someone makes a mistake and *davens* the weekday *Shmoneh Esrei* instead of the Shabbos *Shmoneh Esrei*, he needs to go back and start from the beginning! But if he forgets *Ve'al Hanisim*, he does NOT have to go back.