

### STRUGGLING WITH TFILOT

1. Have the campers quickly answer: What is the hardest part about tfilot for you?
2. If you're struggling in some capacity, you're doing something right.
3. Make a physical spectrum: stand on the left if your relationship with tfilot is easy/ uncomplicated. Stand in the middle if you feel disconnected/ indifferent. Stand on the right if you actively disagree with some tfilot.
4. ASK CAMPERS HOW TO MAKE TFILOT BETTER IF...
  - a. You already love tfilot and have no problems with it  
---- Add something/ change it up to challenge yourself. Examples include learning new tfilot, focusing/ meditating during times for personal prayer
  - c. If you don't feel connected/ actively disagree  
----- Find something you either love or disagree with. Read the back of the siddur (pirkei avot, holocaust stories, special brachot)

#### Further discussion : Controversial Tfilot

Az Yashir—Have them sing these lines in English (it will be awkward but that is the point!)

"He is my God and I give him glory/ [...] The Lord, the Warrior, His name is the Lord/  
[...] Pharaoh's chariots and army he has cast into the sea;/ With your majestic might you crush  
your foes;/ In the rush of your rage the waters were raised/ You loosed the wind, the sea covered  
them;/ like lead they sank in the swelling waters/ You stretched out Your hand, the earth  
swallowed them"

Reactions? Will this change how you participate in this tfilah?

Second paragraph of Aleinu

"And so we hope in You, Lord our God, soon to see your splendor, sweeping idolatry away so that  
false gods will be utterly destroyed, perfecting earth by Your kingship so that all mankind will  
invoke Your name, bringing all the earth's wicked back to You, repentant. Then all who live will  
know that to You every knee must bend, every tongue pledge loyalty.

Implications of "every knee must bend to you"? Are there ways to interpret this that might make it  
less controversial?

If there's time left, they can share techniques they use to make tfilot more meaningful, or they can  
tell stories of any kind of spiritual experience.

End with an emphasis on how struggling means you're engaging, and how it ultimately makes  
Tfilot and Judaism in general better. Counselors can give personal stories about value of  
struggling.