

## MY PRAYER GOALS

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date of Bar/Bat Mitzvah

Prayer	Page in Mishkan T'filah	Complete by	Dates I worked on it	Date I mastered it!
Chant the Nissim b'Chol Yom Miracles of Every Day	80 82 84			
Recite the B'divrei Torah Prayer	86			
Recite Eilu D'varim	88			
Chant the Chatzi Kaddish	106			
Chant the Bar'chu	108			
Recite or Chant the Yotzeir	110			
Chant the Ahavah Rabbah	112			
Chant the V'haeir Eineiu	112			
Chant the Sh'ma Chant V'ahavta	114/115 116			
Chant the Avot v'Imahot Chant the Gevurot	124/126 128			
Chant L'dor Vador Chant Yismechu	130 132			
Chant the Torah Blessings	250			
Chant the Haftarah Blessings	254			
Chant the Torah Portion w/o vowels Chant Haftarah				

Additional Optional Prayers:

Chant Ashrei, pages 97/98

Chant Mi Chamochah, page 122

Chant K'dusha, page 130

Chant V'shamru, page 132

B'NAI MITZVAH WEEKLY ASSIGNMENTS  
from Tutor

FOR \_\_\_\_\_

Date of Bar/Bat Mitzvah \_\_\_\_\_

Parsha \_\_\_\_\_

Haftarah \_\_\_\_\_

1. Date of Lesson \_\_\_\_\_

Date of Next Lesson \_\_\_\_\_

ASSIGNMENT:

2. Date of Lesson \_\_\_\_\_

Date of Next Lesson \_\_\_\_\_

ASSIGNMENT:

3. Date of Lesson \_\_\_\_\_

Date of Next Lesson \_\_\_\_\_

ASSIGNMENT:

4. Date of Lesson \_\_\_\_\_

Date of Next Lesson \_\_\_\_\_

ASSIGNMENT:

5. Date of Lesson \_\_\_\_\_

Date of Next Lesson \_\_\_\_\_

ASSIGNMENT:

# YOUR DVAR TORAH

Dvar Torah means "A Word of Torah." Your Dvar Torah is a very important part of becoming a Bar/Bat Mitzvah. It demonstrates that you have connected the words of your Torah portion to your life. It gives you the chance to share what you believe and think. The people at the service will be interested and proud of what you say. Here are some guidelines for creating your Dvar Torah:

1. Your Dvar Torah is not simply explaining your Torah portion. It is more than that. Read over the English of your Torah portion. Try to find one word, thought or idea that is meaningful and interesting to you. Think about what your Bar/ Bat Mitzvah means to you, how you are changing, what your hopes and dreams are, what you like about being Jewish.



2. Make your Dvar Torah personal. Share something that happened to you or someone you know as examples for making your points.
3. First, just write down your thoughts. Don't worry! Later on the Rabbi will help you with the structure, grammar and making it sound like a perfect Dvar Torah.
4. Email your thoughts to Rabbi Engel ([swengel@crjorlando.org](mailto:swengel@crjorlando.org)) and this will start an email dialogue with him about your Dvar Torah. You and he will email back and forth as you continue to work on your Dvar Torah. He will give you some things to think about or some suggestions but **THE THOUGHTS AND WORDS WILL ALWAYS BE YOURS.**

Be creative, be interesting, be into what you write. In case you have a hard time getting started, here is an outline that you can follow as you put your thoughts down on paper.

- PART ONE** ..... In your own words, write five to six sentences about what is happening in your Torah portion.
- PART TWO** ..... One thing I learned in my Torah portion is...
- PART THREE** .. Three points I want to make about this...
- PART FOUR** ..... One thing my Torah portion is asking us all to do is...
- PART FIVE** ..... I would like to thank so and so for...
- PART SIX** ..... I would like to thank God for...

**HAPPY WRITING! HAPPY SPEAKING!**