

WHAT TO PRAY: SET PRAYERS: AMIDA: PRE-PRAYER

Amida: Bathroom Needs

If you need to use the toilet, you may not say the amida.

NOTE If you could refrain—even with difficulty—from using the bathroom for 72 minutes after you finish the amida, it is OK b'di'avad.

Amida: Intention/Concentration (Kavana)

When saying any amida, concentrate (at least for the first blessing) on the idea that you are standing in front of God (but if you did not concentrate, don't repeat the blessing or the amida).