Talit Gadol: Humility

When a person speaks directly to God, it is very important to demonstrate humility. Since the *Talmud* says that covering one's head is a form of humility (and that learned Jews/*talmidei chachamim* used to cover their heads), men who wear a *talit* for prayer should ideally use it to cover their heads whenever they wear it, but the minimum is during the *amida*.

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