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*).

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