Women: Minimum to Pray

The minimum amount of prayer that women and girls 12 years old and up must say varies according to several opinions:

- Opinion that *RMH* approves of:
    - *Birchot ha'shachar* (from *al netilat yadaim*--to *u'maflee la'asot*)
    - *Birchot haTorah* (from *la'asok b'divrei Torah*--to *notein haTorah*)
    - *Yevarechecha/Eilu divarim she'ein/Eilu divarim she'adam*
    - *Elohai neshama*
    - *Asher natan 'sechvi... gomel chasadim tovim l'amo Yisrael*
    - *Shema* (first line of *shema* plus *Baruch shem kevod malchuto l'olam va'ed)*
    - If they choose to say the morning *amida*, they should precede it with *emet, v'yatziv* until *ga'al yisrael.*
- *Ramban*: Women should say at least the *amida* of *shacharit* and of *mincha*.
- Another opinion: Women must say some prayer every day (but it may be any type of prayer, not only the fixed prayer services).
- Another opinion: Women do not need to say the *amida* and *emet v'yatziv* on *Shabbat* and *Jewish festivals* (that is, whenever we are not asking for anything).
- Women who have small children who require the mother's constant attention should not say any prayers except for *birchot ha'shachar* and *birchot haTorah*.

For more on women and the *shema*, see Women and *Shema* in *Shacharit*.

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