How People Pray in Temple

Most of the time people sit down to say prayers.

Sometimes people stand up to say a prayer. Standing up is a way to show that a prayer is very important.
If a prayer is important, the Rabbi usually says "please rise" so people will know that it's time to stand up.

When it's time to sit down again, the Rabbi might say: "please be seated."
Sometimes people say prayers.

Sometimes people sing prayers.
Sometimes the people in temple say prayers all together.

But sometimes the people in temple whisper prayers quietly. People whisper prayers when they want to have a private talk with God.

Usually the Rabbi will tell people when to say a prayer out loud and when to say a prayer quietly.
Sometimes the people in temple will sit quietly and listen to the Rabbi say prayers or talk.