

## 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.