



Weekly Inspirations

By Pastor Pat Thompson

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O sing to the LORD a new song, for he has done marvelous things. His right hand and his holy arm have gotten him victory (Psalm 98:1).

I have previously shared my observation that *transformation* is one of the major themes running through the entire Bible from Genesis through Revelation. God is constantly raising all things up to the newness of life. That is especially apparent in this continuing season of Eastertide. This text from the 98th Psalm reminds us of the ongoing creative activity of the Supreme Architect in history.

The psalmist urges God's people to celebrate the "marvelous things" God has done with the utterance of "a new song." For ancient Israel, as well as for us latter-day devotees, the emphasis is always on the redemptive prerogative of the LORD; we are but called to recognize it and to pay tribute to this constant thread that runs through the history of the world itself.

But let me suggest that a genuine appreciation of this notion of transformative newness is best grasped when we embrace the refreshment of our souls. It is known in Hebrew as "Tikkun hanefesh," or repair of the soul. It is to be sought after, and perhaps one of the best ways to accomplish that is to develop the value of *sufficiency* or simply knowing when we have enough. I am grateful to Rabbi Arnie Gluck for these insights.

According to Rabbi Gluck, one good reason for this was expressed by a bumper sticker that read: "Insatiable is Unsustainable." It is true! One of the primary purposes of Jewish law, says Gluck, is to help us control our appetites, limiting the foods we can eat and the urges we can indulge. He goes on to say that our collective health and the balance of the world demand learning to live within limits!

The wise person recognizes that all blessings emanate from the Creator. Is it much of a leap from appreciating God's Providence in the past, the marvelous things that have come from God's "right hand and holy arm" to celebrating the newness of the day and even of life itself?

We have enough, and in so recognizing that foundational blessing, our souls are refreshed and repaired. God has done it and continues to bless all of Creation!

Faithfully and fraternally,

Pat