

Our Journey through Adversity:

Opening to the Resource of Blessing

אוֹדֶה יְהוָה בְּכָל־לִבִּי
Odeh Yah b'chol libi

I thank God with my whole heart. (Psalm 9:2)

Hachna'ah (being humbled, surrendering, Yielding)

בְּיָדְךָ אֶפְקִיד רוּחִי פְּדִיתָה אוֹתִי יְהוָה אֱלֹהֵי אֱמֶת
B'yad'cha afkid ruchi padita oti Yah Eyl Emet

Into Your Hand I entrust my spirit; You redeem me Yah, God of Truth.
(Psalm 31:6) (Bedtime liturgy)

Havdalah (discerning God's Presence in the midst of it)

הוֹדִיעֵנִי יְהוָה קֵצִי וּמִדַּת יָמַי מָה הִיא
Hodiyani Yah kitzi, u'midat yamai ma hi

Oh God, show me my end, and what is the measure of my days? (Psalm 39:5)

Ham'takah (Sweetening our Bitterness)

חֲבֵרִים מְקַשְׁיִים לְקוֹלָהּ הַשְּׁמִיעֵנִי
Chaverim Makshivim l'kolaych, Hashmi'ini, hashmi'ini

Oh Woman in the garden, this garden of Love, let me hear Your Voice!
(Song of Songs 8:13)