

Delight

by Rabbi Shefa Gold

אז תתענג על- יהוה

Az Titanagal Havayah (Isaiah 58:14)

Then you will delight in God (Being itself!)

The Prophet Isaiah admonishes us to live a Life of Justice and Love. He warns us that our complacency and complicity in the injustice of our time, will obstruct the Divine flow. Then he tells us about the treasures of Delight that await us...

“If only you would truly celebrate Shabbat, And put down your business, your buying and selling and bargaining and scheming with the resources that were never yours to begin with, If you would delight in the restful sanity of Pure Being, Then you are delighting in Me Participating in the holiness of God. Then I will set you on the high places, So you can get some perspective, So you can truly enjoy the precious inheritance of the life I have given you.”

I chant these words (using Havayah, a word that points us towards Being itself, to stand for the unpronounceable YudHayVovHay) and let waves of Delight wash me up onto the highest shores, where I can celebrate the persistent Radiance of Being that shines out through the ever-changing content of my life.

