

# Gratitude and Hope

by Rabbi Shefa Gold

מוֹדִים אֲנַחְנוּ לָךְ  
מֵעוֹלָם קוִיִּנוּ לָךְ

Modim anachnu Lach ... Me'olam kivinu Lach.

We Thank You.... We hope for You always. (Amida)

In the 17<sup>th</sup> blessing of the Daily Amida ( and the 6<sup>th</sup> blessing of the Shabbat Amida) there is a paragraph that begins with a prayer of thanks and ends with a prayer of hope. I wondered about the relationship between gratitude and hope.

There have been times in my life when I have struggled with a sense of hopelessness, and I knew that re-establishing my hope was absolutely essential to being able to take the next step on my spiritual path. But, where to begin? Perhaps gratitude might be a doorway. At other times I can't find my gratitude, but there is a glimmer of hope within me. Might I follow that glimmer and walk through the doorway of hope into my gratefulness?