

My Rock and Redeemer

by Rabbi Shefa Gold

אַתָּה צוּרִי וְגֹאֲלִי

Atah Tzuri v'Go-ali

You are My Rock and My Redeemer

(adapted from Psalm 19:15)

These two names of God describe the process of liberation. When I know God as “My Rock”, I am feeling the loving support that holds me; I am leaning into a sense basic trust in Reality. From that sense of trust I can receive God as “My Redeemer”. I can allow the force of liberation to move me; to send me to new challenges and into the unknown. As I address myself to these two Divine aspects I can allow the feeling of support to send me towards liberation, towards opening, flowering, and self-realization. The steady rock beneath me allows me to take that necessary “leap of faith.”