

Praise: The Force of Healing and Salvation

רְפְּאֵנִי יְהוָה וְאַרְפָּא הוֹשִׁיעֵנִי וְאַנְשֵׁעָה כִּי תְהִלָּתִי אַתָּה

R'fa'ayni Yah v'ayrafay; Hoshiyani v'ivashay'ah ki t'hilatí atah. (Jeremiah 17:14)

Heal me, God, and I will be healed; Save me and I will be saved ... for my praise is You.

I cry out from the depths of my suffering, and in the moment when my cry reverberates, I know that I am healed, made whole, embraced in the arms of Love. I call out from the apprehension of being lost, and in my calling, I hear the truth of how connected I have always been and always will be. My prayer of longing becomes praise. My asking becomes receiving. In my prayer I know God as the Transforming Force that moves through me. My praise is that Force.