

Choose Life

וּבְחַרְתָּ בְּחַיִּים

Uvacharta Bachayyim (Deuteronomy 30:19)

I have set before you Life and Death, blessing and curse. Choose Life!

Not just every year, week or day, but every single moment we can choose Life. This means choosing to let go of a negative thought or judgment; it means choosing to live with uncertainty; choosing the kind word or generous attitude; choosing to let go of tension and relax. In every moment we can choose to “be chosen” by God for the best possible Life, for the life we were meant to live fully. In each moment, we can choose to accept the gifts, challenges, opportunities and responsibilities that we are being given.