

Keep the Faith

רַבָּה אֱמוּנָתְךָ

Raba Emunatecha (Morning liturgy, Lamentations 3:23)

How great is Your Faithfulness.

This practice came to me during a time of turmoil in the world. I was searching for a practice that might acknowledge my grief yet keep me from despair. I needed a practice that would connect me to resources of strength and resilience as I walked through the shadows of fear, rage and devastation. The Book of Lamentations describes a time like this, and one particular phrase from that painful text found its way into the light of our morning liturgy.

God's faithfulness comes to me as a glimpse of the widest, longest perspective. In that glimpse I am calmed; I relax my frantic grip; I stop trying to figure it out; I begin to trust the flow of inexorable change. As God sees me, I surrender to that faithful gaze. This Divine faith in me, is what grows my own fragile faith. When I am known, seen and loved completely through

this Divine faith, I can risk and dare to rise to the challenge of loving this world with all that I am and everything I've got.