

Rise Up

קוּמָה יְהוָה אֵל נִשָּׂא יָדְךָ אֶל־תִּשְׁכַּח עֲנָוִים

Kumah Yah, Ayl n'sa yadecha, al tishchach anavim (Psalm 10:12)

Rise Up, Oh God; Lift up your hand; do not forget the most vulnerable.

Knowing that God is ultimately not separate from me, I turn inward and call on the Divine power within me to rise up and manifest its awesome power. And then I am reminded to use that power in protection of the most vulnerable, both within me and in the world. This might mean guarding, with loving care, the holy, fragile places within me. Or it might mean protecting the rights and dignity of the poor, the refugee, the lonely, the outcast, the forsaken ones of my world.