

Trust in Your Love

וְאָנִי בְּחַסְדְּךָ בְּטַחְתִּי
יִגַּל לִבִּי בִישׁוּעָתֶךָ
אֲשִׁירָה לַיהוָה כִּי גָמַל עָלַי

Va'ani b'chasd'cha vatachti, Yagayl libi biyshuatecha, Ashirah laYah ki gamal alai

And I will trust in Your Love; as my heart rejoices in Your deliverance.

I will sing to God, who has been good to me. (Psalm 13:6)

Even in difficult times of anxiety and doubt, I can choose to trust in the power of love to save me from my fearful ruminations. By singing to God and resting my attention on the goodness in my life, I can override my apprehension and soar with the melody of gratefulness.