

A Grateful Refrain

יִוְדוּ לַיהוָה חֶסֶדּוֹ וְנִפְלְאוֹתָיו לְבְנֵי אָדָם

Yodu LaYah chasdo v'niflotav livnay adam

Thank God for this flowing love,
whose miracles shape our humanity.

(Psalm 107:8,15,21,31)

This line appears 4 times in Psalm 107, as a joyous and grateful refrain. Each time we recuperate from illness, avoid danger or recover from misfortune, we pause to acknowledge the miracles in our lives. We let those miracles shape our humanity by celebrating this amazing moment, and connecting in compassionate support with others who are facing challenge.