

Give Us Help

הַבָּה־לָנוּ עֲזָרַת מִצָּר

Havah-lanu ezrat mitzar

Give us help against the adversary. (Psalm 60:13)

The spiritual challenge we face is the tendency to look for help for what we're up against, in all the wrong places- the wrong people, food, substances, thrills, numbing, rationalizations, roads we have traveled before, familiar grooves or conceptual frameworks that we have outgrown. We look with desperation, "out there", when the help we need is to be found within- through our connection with the Great Mystery.