

In My Time of Trouble

בְּיוֹם צָרָתִי אֶקְרָאָךְ כִּי תַעֲנֵנִי

B'yom Tzarati ekra'echa, Ki ta'anayni

In my time of trouble I call You,
for You will answer me. (Psalm 86:7)

The hardest thing about spiritual practice is remembering to do it, especially when I feel triggered or anxious or depressed. So, this is a practice of installing a habit or pattern that in times of trouble I will call out to the Divine Mystery, knowing that I will be received. I know that God will respond to my call. God's answer may not be the one I want or expect, but it will be the answer that I need. When I remember to turn towards the Great Mystery, I will be transformed by my turning.