

Preparation for Re-connecting

תַּנְנִי יְהוָה כִּי אִמְלֵל-אֲנִי

Chaneyni Yah ki oomlalani

Grace me, Yah, for I am withered [disconnected]. (Psalm 6:3)

In order to connect with God, our Source, we have to acknowledge how disconnected we sometimes get. That disconnection manifests as weariness, irritability, loneliness, emptiness, or a feeling of being scattered or lost.

Reconnecting requires that we acknowledge the price of that disconnection and then open in yearning and hopefulness to the mystery of God's Grace.