

A New Song

שִׁיר חֲדָשׁ אֲשִׁירָה לְךָ

Shir Chadash ashirah lach

I will sing You a new song. (Psalm 144:9)

There are two aspects to this practice that will unlock its medicine.

1. I will sing this song TO YOU, God. I will address my joy, passion, longing, artistry and enthusiasm to You, God, alone. Others may overhear our conversation and enjoy it, but I am focused on giving all of myself to YOU.
2. My song is ever-new and ever-renewing itself. Even if I sing this song a thousand times, this time it is new — emerging from this very moment of blessing.