

Rabbi's Reflections - Wednesday, November 26, 2025
Shalom {{firstName}},

Psalms
Psalm 40:5(4) – Part 3

Psalm 40:5 Blessed is the one who put his confidence in Adonai, who has not turned to the arrogant, nor to those who fall into falsehood.

This “blessed” is not that “blessed.” This “blessed” is (in Hebrew) “Ashre.” It means to shout with joy, as in English we say, “Hooray!” Yes, I believe it is an onomatopoeia. The other “blessed” (which this is not) is “Baruch” meaning “to bend the knee in submission.” When we begin a prayer, “Baruch Ata Adonai...,” we are confessing our submission to God. This verse begins by saying in effect, the person who puts his/her trust in Adonai(YHVH) will shout for joy!

Many Scriptures start with this expression... “Blessed is the man...” Some of the others go on to say things like this...

Psalm 1:1 Happy (blessed) is the one who has not walked in the advice of the wicked, nor stood in the way of sinners, nor sat in the seat of scoffers. 2 But his delight is in the Torah of Adonai, and on His Torah he meditates day and night. (Also quoted by Jeremiah 17:7)

Psalm 32:2 Blessed is the one whose guilt Adonai does not count, and in whose spirit there is no deceit.

Psalm 112:1 Halleluyah! Happy (blessed) is the man who fears Adonai, who delights greatly in His mitzvot. 2 His offspring will be mighty in the land. The generation of the upright will be blessed (Baruch).

The translators of the Greek New Testament into Hebrew chose “Ashre” as the appropriate word for “blessed” in each of the beatitudes (see Matthew 5:3ff)

Let's “change gears” for a moment. That euphoric expression by the one who trusts in the Lord(YHVH) is only the first half of verse 5. The second half is a couple of negatives. Specifically, what the one who trusts in

God(YHVH) will not do. He/she will not “respect (stare into the face of) the proud (or pride itself).”

Rabbi Trail: The Hebrew for “pride” is actually “Rahav,” which is Rahab’s name. You may remember her as the prostitute who helped the spies in Jericho and became a progenitor of King David and thus, Messiah. End RT.

The second negative in verse 5 is “don’t fall into falsehood.” In Hebrew “V’Satay (from “Sut” meaning “become derelict or wrongly practice”) Ka’zav (meaning practicing “deception or a lie”). Therefore; don’t practice deception through lying.

We, who trust in the Lord, are warned not to embrace pride or lies. Do you think Solomon might have learned this from his father, David? **Proverbs 29:23 A man’s pride will bring him low, but a humble spirit will gain honor.** Or this... **Proverbs 12:22 Lying lips are detestable to Adonai, but those who act faithfully are His delight.**

Think on these things... **Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any virtue and if there is anything worthy of praise—dwell on these things.** Shalom shalom.

Daily Bread, reading plan by Lars Enarson (<https://www.thewatchman.org/>)
Wed 26-Nov-2025 6th of Kislev, 5786
Ge 30:14-27 1 Sa 2 Ps 46-47 Mk 5 (Ro 16)