

Rabbi's Reflections - Wednesday, February 4, 2026  
Shalom {{firstName}},

**Psalms**  
**Psalm 46:1,2(1) – Part 1**

**Psalm 46:1 For the music director, of the sons of Korah, according to Alamoth, a song. 2 God is our refuge and strength, an ever-present help in trouble.**

Rabbi Trail: Let me tell you a true story (according to my own recollections). Anne Hillsden (who is married to Wayne Hilsden, together they founded King of Kings congregation in Jerusalem) determined to host a Messianic Music Festival.

She invited any Messianic songwriter in Israel to make original music submissions. Those submissions were evaluated and awarded honors by a review committee. The top 10 to 15 songs were then performed live in a concert night of worship at King of Kings auditorium and recorded live. Those live recordings were produced into an album. She did this every other year for ten years, making 5 such recordings.

Today's verse, Psalm 45 verse 2 was recorded on the fifth album. Here is a link to the video of that recording, featuring Anne and Wayne's son, Jamie, on guitar and vocals. Enjoy! <https://www.youtube.com/watch?v=pg2tFM22PSI> End RT.

"I can't do this!" How many times have we (each of us individually) cried out to God, telling Him what He already knows? And yes, it is true, if we are answering God's call on our lives, there is no way we can accomplish His assignment in our own strength. Yeshua knew this to be true before we did.

**John 5:19a Therefore Yeshua answered them, "Amen, amen I tell you, the Son cannot do anything by Himself.... 30a I can do nothing on My own. John 6:38 For I have come down from heaven not to do My own will but the will of the One who sent Me.**

God is our strong tower... **Proverbs 18:10 The Name of Adonai is a strong tower. The righteous one runs into it and is set safely up high.**

God's name is the eternal revelation of Who He will be. God is never finished revealing His power and love. **John 1:14 And the Word became flesh and tabernacled among us. We looked upon His glory, the glory of the one and only from the Father, full of grace and truth.**

God is our helper Who is full of grace and truth, both when we're in trouble and also when we're not. Let's let Isaiah give us the last instruction today... **Isaiah 55:6 Seek Adonai while He may be found, call on Him while He is near.** Shalom shalom.

Daily Bread, reading plan by Lars Enarson (<https://www.thewatchman.org/>)

Wed 4-Feb-2026

17th of Sh'vat, 5786

Ex 19:1-6

2 Ki 3

Ps 122-123 Jn 6:37-71 (1 Ti 1)