

Rabbi's Reflections - Friday, February 6, 2026
(Early) Shabbat Shalom {{firstName}},

Psalms
Psalm 46:5-8(4-7) – Part 3

Psalm 46:5 There is a river whose streams make glad the city of God —the holy dwelling place of Elyon. 6 God is in the midst of her, she will not be shaken. God will help her when morning dawns. 7 Nations are in uproar, kingdoms totter, He utters His voice, the earth melts! 8 Adonai-Tzva'ot is with us. The God of Jacob is our stronghold. Selah

In the Jewish Bible, there are twelve verses in Psalm 46. They are broken into 3 stanzas of four verses each. Each stanza ends with the word, “Selah,” meaning, “Let’s pause, catch our breath and wait for the full impact of what has just been communicated. Obviously, the Psalms are Scripture. For those of us who follow Yeshua, the Scriptures are revered as a revelation of the mind of God.

2Timothy 3:16 All Scripture is inspired by God and useful for teaching, for reproof, for restoration, and for training in righteousness,

God tells us what He was thinking, what He is thinking, and what He will be thinking. Our response is “Selah!” Let’s pause here and receive the fullness of what has just been told to us. It is new every morning! Fresh revelation is always worthy of our meditation. God’s revelation is profound! How dare we treat it lightly and move on to the next revelation without fully receiving the current one.

We start with a river that makes the city of God (God’s dwelling place) glad. Think about that. The “Beit HaMikdash” (Holy House or Temple) does not have any natural watershed. It is on a hill top, yet there is the pool of Siloam and the pools of Bethesda, along with many olympic size pools of water called cisterns. It took a lot of water to conduct the sacrificial system. The washings of mikveh, and so much more, like washing the blood to keep everything clean, and yet there was never a shortage of water.

This “river” is also a spiritual river. **Psalm 36:9 They drink their fill from the abundance of Your House. You give them drink from the river of Your delights.** And Yeshua’s own testimony to the woman at the well... **John 4:14 But whoever drinks of the water that I will give him shall never be thirsty. The water that I give him will become a fountain of water within him, springing up to eternal life!”** Yes, we have that river of life within each of us. It is the gift of God. Shalom shalom.

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

Fri 6-Feb-2026 19th of Sh'vat, 5786

Ex 19:20-20:17(14) 2 Ki 5 Ps 126-127 Jn 7:25-53 (1 Ti 3)