

Rabbi's Reflections - Wednesday, December 31, 2025  
Shalom {{firstName}},

**Psalms**  
**Psalm 42:7-9(6-8) – Part 6**

**Psalm 42:7(6) My God, my soul is downcast within me! Therefore I remember You from the land of Jordan and from the peaks of Hermon, from Mount Mitzar. 8(7) Deep calls to deep in the roar of Your waterfalls. All Your waves and breakers have swept over me. 9(8) By day ADONAI commands His love, and at night His song is with me—a prayer to the God of my life.**

After the “up - down - up” of yesterday, it is only fitting that we start today with “down.” **Psalm 41:7a “My God, my soul is downcast within me!”** Which leads us to the consolation of memorial marked by three geographical features, the land of Jordan (which distinctively marks the eastern border of Israel, the peaks of Hermon (a 9,000 foot mountain with several peaks that mark Israel’s Northeastern border), and finally Mount Mitzar in Lebanon (which marks Israel’s Northern border).

Ultimately, the Psalmist takes comfort through God’s love, both day and night. Isaiah saw this day coming... **Isaiah 66:12 For thus says Adonai: “Behold, I will extend peace to her like a river, and the glory of the nations like an overflowing stream. You will be nursed, carried on the hip, and bounced on her knees. 13 As one whom his mother comforts, so I will comfort you, so you will be comforted in Jerusalem. 14 You will see, your heart will rejoice, and your bones will flourish like grass. So the hand of Adonai will be known to His servants, and His indignation to His enemies.”**

Paul saw this too... **2Corinthians 1:3 Blessed be the God and Father of our Lord Yeshua the Messiah, the Father of compassion and God of all encouragement. 4 He encourages us in every trouble, so that we may be able to encourage those who are in any trouble, through the very encouragement with which we ourselves are encouraged by God.**

Be encouraged, my friends, for God has not left us as orphans. The Lord, our God is our loving Father Who promises shalom and comfort to His

people. **John 14:27** “Shalom I leave you, My shalom I give to you; but not as the world gives! Do not let your heart be troubled or afraid.”

Be filled with faith and receive this promise of good things to come. **Isaiah 49:13** Shout for joy, heavens! Rejoice, earth! Break forth into ringing shouts, O mountains! For Adonai has comforted His people and has compassion on His afflicted.” Shalom shalom.

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

Wed 31-Dec-2025 11th of Tevet, 5786

Ge 49:1-18      2 Sa 16      Ps 88      Lk 10      (2 Co 11)