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From the first moments after learning of the October 7th attacks and to this day, I have found myself turning to the Psalms. These ancient poems reflect the full range of human emotion and give us a voice when, as has happened so often in the last year, our own words fail us.

The Psalms mirror our anger and bewilderment in the face of those for whom our very existence is intolerable and at the indifference to Jewish suffering we have seen:

Too long have I dwelt with those who hate peace. I am all peace, but when I speak they are for war. Psalm 120

When we are in need of courage and determination when evil must be faced, the Psalmist gives us the words:

With Adonai on my side as my helper,  
I will see the downfall of my foes.  
It is better to take refuge in Adonai than to trust in mortals;  
it is better to take refuge in Adonai  
than to trust in the great.  
All nations have beset me;  
by the name of Adonai I will surely cut them down.  
They beset me, they surround me;  
by the name of Adonai I will surely cut them down.  
They have beset me like bees;  
they shall be extinguished like burning thorns;  
by the name of Adonai I will surely cut them down.  
Psalm 118

When we need hope and comfort, the words of the Psalmist soothe us:

God is our refuge and stronghold,  
a help in trouble, very near.  
Therefore we are not afraid  
though the earth reels,  
though mountains topple into the sea—  
Psalm 46

When we feel alone in our pain, the Psalmist assures us that this is not the case:

Adonai is close to the brokenhearted; those crushed in spirit God delivers. Psalm 34

Most important of all, the Psalms remind us that, in spite of everything, we are a people of hope and that these dark days will come to an end:

Pray for the peace of Jerusalem; may those who love you prosper! Let there be peace in your homes, safety within your borders. For the sake of my people, my

friends, I pray you find peace. For the sake of the house of the Eternal our God, I will seek your good. Psalm 122

Ken yehi ratzon— May this be God's will.