

Please get a cup of water at
the back of the room.

Don't drink it.

Yet.

Psalm 23

menuhot mayim

menuha- peace, stillness, serenity, harmony

mayim- water

shuv- restore, refresh, revive
[t'shuva- repent, which is to turn/return]
over 1000 times
71 times in Psalms

soul- nephesh
life, soul, creature, person,
from the root 'to breathe'

God restores my soul.
God refreshes my life.
God shuvs to my nephesh.
God revives my humanity.
God returns me to my breathing.

A person is an integrated being.

For many in the modern world, spirituality
DIS-integrated reality-

Spirit over there

life and blood and sweat and work and money
and skin and trees and lakes and music and
burritos over there

God gives life to all of me.



notice it
observe it
watch it with nonjudgmental detachment
witness it

[Galatians 2v20]

I have been crucified with Christ
and I no longer live, but Christ lives in me

Rabbi Isaac from Cracow has a dream in which he sees that there is a great treasure buried under a bridge in a distant city. So he journeys to the city and hides among the bushes, watching the bridge and trying to figure out how to get the treasure.

One of the policemen who guards the bridge sees him and asks him what he's doing there.

Rabbi Isaac tells the policemen
about the dream he has had.
The officer laughs and says,

“You believe in dreams like that?
If I did I would have to go all the way to some
city called Cracow and find some Rabbi named
Isaac because I have dreamed that there is
great treasure buried beneath his bed.”

Rabbi Isaac thanked the captain and
returned home immediately.

stressed

worried

concerned

frazzled

dizzy

busy busy busy busy busy busy

anxious

wounded

wronged

overwhelmed

still

God restores my soul.
God refreshes my life.
God shuvs me to my nephesh.
God revives my humanity.
God returns me to my breathing.