

Everyday Holiness Book Group, April 2015

Bitachon/Trust

1. How do YOU respond?

This world can appear so unpredictable sometimes. Hurricanes, earthquakes, tsunamis, wildfires, and other natural disasters can and do strike at any moment. Your life can suddenly be overturned by illness or accident or financial setback. And most of all, there is the unaccountable cruelty, incompetence, and stupidity of people. A level-headed view of life seems to offer us every justification to be worried and anxious.

How do you respond to the challenges of life around you and within you? What helps you stay both level-headed and hopeful? Are worry and anxiety qualities that can be helped by the balance of trust for you? How is hope connected to trust for you?

2. Yearning and trust

Yet the soul yearns to trust. No one wants to live with anxiety and worry. When I am in the place where trust runs strong, life is manageable, and when trust has slipped away, life a difficult, daunting struggle.

Do you think trust is something that can grow or shrink within you? What makes that happen? What does trust give you?

3. Trust and Fear

Bitachon gives us the capacity to act from a place of no fear. A heart cannot hold both fear and trust at the same time. When we cultivate trust, we inevitably loosen the grip fear holds on our heart.

Do you agree that fear and trust sit at opposite ends of the soul traits continuum? Can you imagine the possibility that trust and fear actually live together in your heart and mind?

בָּרוּךְ הַגֹּבֵר אֲשֶׁר יִבְטַח בֵּה' וְהָיָה ה' מִבְּטָחוֹ

Baruch Hagever asher yivtach BaShem

V'hayah HaShem miv'tach-o

Translation:

Blessed is the one who trusts in Adonai, and whose source of trust is God. For she shall be as a tree planted by the waters, and that spreads out its roots by the river, and shall not see when heat comes, but its foliage shall be luxuriant; and shall not be anxious in the year of drought, neither shall cease from yielding fruit.