



## LIBERATION

ברוך אתה יהוה אלהינו מלך העולם,  
מתיר אסורים.

Blessed are You, *Adonai*,  
our God, Majesty of the world, who  
liberates those who are bound.

### LEARNING

This blessing can be about stretching our limbs in the morning, or it can be about God giving us the ability to overcome habitual behaviors we have a hard time shaking. Overuse of technology, unhealthful eating, a fierce temper – this blessing reminds us that we have the capacity to free ourselves from bad habits. We ask God to release us from being trapped by the events of our past, the way we have seen things, any misconceptions, and unhelpful regrets.

### REFLECTION

When should we hold back our help to allow someone to independently develop what they need in order to thrive? When has someone supported you in freeing yourself from that which imprisoned you? What support would you wish for to help you move forward in areas in which you feel stuck?

### INSPIRATION

A butterfly struggling to emerge from its chrysalis has very soft wings. It must struggle out of its chrysalis on its own in order to grow strong and be able to survive in the outside world.

### PERSONAL PRAYER

God,  
please allow me, each and day,  
to believe that I can begin again,  
to know that I am not bound by  
negative patterns.

And behavior I yearn to change.

With Your boundless mercy and  
love, please help me grow:  
changing what I can,  
and forgiving myself for what I  
cannot.

I thank You, God, for the ability to  
turn to You when I feel shackled,  
and to know that in your  
boundlessness, I am able to grow.

— Tami Levy,  
Riverwoods, Illinois