

Torah Tidbits – August 11, 2014

Moses dispenses a bit of psychological pastoral care this week.

If you have a little bit of history with someone, and you visit them as they express concern over a bit of difficulty, one question that is sometimes asked is, "However did you make it through (pick past problem that was successfully overcome)?" This will minimally remind them that it is possible to survive, and might even result in the same mechanism being successful this time too.

Moses does the same thing. He suggests that when the people feel like saying, "There are too many of them. We will never beat them." they should remember how they have succeeded so far, so that they do not remain constrained by fear.

A question to ask ourselves during this season spent preparing for the High Holydays: How is fear of the other person and their reaction keeping me from both reconciliation (where possible and pragmatic) and events I have enjoyed? How can I make use of what has helped me in the past?