

**3 Minutes just for Yourself**  
**Beit Shalom Messianic Congregation, Pozzuoli, Naples, Italy**



**Take 3 minutes for 3 phases of liberation from the past**

Dear friend in Yeshua,

Can I invite you? Invest 3 minutes of your time for the next month or so. In return you will find hope, faith and consolation that will invigorate your soul while keeping you in tune with the mood of this time of year.

What do you have to do?

From the first day of Rosh Chodesh Elul to Hoshana Rabbah during the Sukkot festival, we started reciting an extra psalm at the end of our prayers.

This psalm (chapter 27) begins with the words "Hashem (God) is my light and my salvation, of whom will I be afraid? The Lord is the strength of my life, who will I be afraid of? . . . For he will hide me in his tabernacle in a day of adversity. . .".

This prayer is appropriate for this time of year, as it alludes to the upcoming holidays. "Light" refers to Rosh Hashanah who, like light, awakens us from our sleep to remind us to return to Hashem (God). "Salvation" refers to the holy day of Yom Kippur, when the people of Israel pray for the forgiveness of all our sins of the past year through forgiveness and atonement. And "tabernacle" (sukkah in Hebrew) refers to the festival of Sukkot.

In this psalm, King David eloquently implores Hashem (God) to save him from his many enemies. As his opponents pursue him, he enumerates three stages of liberation. First, Hashem (God) lights his way so that he can escape. Hence, Hashem (God) protects him and removes the danger. Finally, Hashem (God) takes him to a place of refuge.

Whether we are facing a terrible illness, a financial crisis or a serious emotional problem, these are the three stages of liberation that we all seek.

The worry, sadness, and despair associated with a challenge can be overwhelming. Darkness haunts us and immobilizes us, blocking our path so that we cannot see. The first step to healing is to find a ray of light or hope to illuminate the enveloping darkness.

Next we need a path, a real solution to our problem, so that the severity of the danger or difficulty is alleviated. And finally, even after a solution is in place, we must learn to find serenity, a calm state of mind, a place of refuge capable of handling the inevitable struggles.

As the year 5780 draws to a close and a new one full of promise peeks around the corner, we ask Hashem (God) to help us in our personal trials. The concluding words of the prayer are the foundation for improving our mentality. "Hope in the Lord, be strong and let your heart be brave, and hope in the Lord."

May the coming year 5781 be a year of blessing for all of us, in which we find salvation from our challenges and a year of liberation and redemption for our nation Israel and our entire world.

Rebbetzin Gavriela Frye,  
Beit Shalom Messianic Congregation, Pozzuoli, Naples, Italy

**P.S.: How do you face the challenges of your life?**

**Rebbetzin Gavriela Frye**  
**For Beit Shalom, Messianic Congregation, Pozzuoli, Naples, Italy**