

# Faith & Trust

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## A Sacred Time – Av #6

The very name Av has important connotations. Av means father in Hebrew. We need to muster all our strength to turn to our Father in heaven during this month. On a simple level this means becoming less focused on the demands of the self and remembering that G-d is at the center of the universe, not me. The Talmud tells us that the Temple was destroyed due to gratuitous hatred, and hatred stems from self-focus. It follows that we rebuild it through gratuitous love—through love of the G-dly spark that exists within everyone.

Rabbeinu Bachaya explains that the word Av—spelled *alef bet*—is an acronym for *emunah*, faith, and *bitachon*, trust. We vitalize

our *emunah* during this month through heartfelt prayer. When we feel so close to G-d that we have no worries, no fears, we have reached *bitachon*.

*Heavenly Father! Please show me how to travel the path that leads to emunah and bitachon—faith and trust. Help me forgo all fears and worry, and instead make use of all of my challenges to build emunah and bitachon.*