

Psalm 30 shows up in our morning liturgy every day as the formal opening of our communal prayer. I had all sorts of ideas to talk about from Psalm 30. The issue of reversal of fortunes and of near-death experiences intrigue me. I really like how this psalm points out how we humans can exceed our biological determinism! This week, I want to look closely at two words in the first half of verse 2 and suggest a perspective for our lives, especially in this current moment.

1 מזמור שיר חנוכת הבית לדוד:
2 ארוממך ה' כי דליתני ולא שמחתי איבי לי:

The first word is ארוממך (*'aromimkha*), translated here as 'I will extol you.' The second is דליתני (*dillitani*), 'you have raised me up.' These words are, in a way, mirrors of each other. That first word may be a synonym for praising, but - both in Hebrew and English - also carries meaning of raising up. The root of that word shows up in words like במרומיו (*bim'romav*), familiar from the Oseh Shalom, which means 'in [God]'s heights.' The root of the second of these words includes the connotation of lowliness. This root shows up in words meaning 'bucket' (which we lower into the well), and 'poor' (someone who is low on the economic ladder).

God raised us up, so we raise God up. How appropriate this sentiment is: how clear an expression of gratitude. But it is more than that. Consider all those who are partly responsible for our successes - *all* of them: Not just our parents, our teachers, and the first boss who took a chance on us. Think about the people who clean up after our messes, the people who deliver our mail, the people who check out our groceries. Think about the people we never see who also have a share of making us who we are: those who assemble our phones, those who test our medicines, those who harvest our food. Each of them raises us up. Without the work they do, we are not who we are.

They raise us up in a million little ways. Find ways to raise them up: because of what they do for us, but also because, like us, they are human beings who - from time to time - benefit from praise and from being uplifted.