

A Thought for Shabbat

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Shabbat Shalom

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This week's Torah portion, *Vayera*, tells the chilling story of the God's request to Abraham that he sacrifice his son, Isaac. The passage begins by telling us, "Sometime afterwards, God put Abraham to the test."

Have you ever felt put to the test by God? Have you been pushed to your limits by the circumstances of your life that seem inexplicable?

Whether God is involved in the details of our experiences is unknown to me. What I do know is that I can't control the things that happen to me, I can only control how I respond to things. Viktor Fankel, the great psychologist and one who was tested by the horrors of the Holocaust wrote, "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offered sufficient proof that everything can be taken from a man but one thing: The last of his freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

When we are tested, let us choose our own way to walk through the test with an answer of hope, grace and dignity.