

Trust and Faith - by Lottie, September 2024

"When Hashem pushes you to the edge of difficulty, trust Him fully because two things can happen: either He'll catch you when you fall or He'll teach you how to fly."

This quote is written by an unknown person, but the lesson it teaches is to have trust and belief in G-d. From my conversation with Rabbi Shulamit, I learnt that *Emunah* is the Hebrew word for trust and faith. *Emunah* is where the word Amen comes from - when Jewish people say Amen, we mean that we will physically be there for the person who is saying the prayer. I have decided to dedicate my study passage to trusting and having faith in Hashem and in people. The world revolves around not just having faith in Hashem, but also in people. Nothing would thrive or progress in a world without trust. It is like an invisible string that holds relationships and communities together. Trust forms the basis of co-operation and collaboration, as without it societies would crumble from suspicion and fear.

As many of you know, I love gymnastics and compete in Acrogyrnastics, which is when I have a partner to train and compete with. There is so much trust involved in my sport, as my partner needs to know that I will catch her if she falls, like the quote says. I need to know that she will "fly" - obviously she won't actually fly, but if we work together and believe in each other, we will be much better than if we were constantly scared of failure (or me dropping her!).

Without trust in the world, everyone would have so much more work to do and would be very lonely at the