

Verses to Wait With
Collected by Rabbi Debra Orenstein
What work is being done in us, as we wait?

קוֹה אֶל־יְהוָה חֲזַק וַיֵּאֲמָץ לִבִּי וְקוֹה אֶל־יְהוָה:

Look to/hope in/wait for Adonai. Be strong and of good courage, and look to/hope in/wait for Adonai.
- Psalms 27:14

CONSTANCY

- Job 14:14: All the days of my appointed time will I wait, until my change comes.
- Psalms 130:5-6: I wait for Adonai, my soul waits, and in God's word do I hope. My soul waits for Adonai more than the watchmen wait for the morning. I say: more than they who watch wait for the morning.
- Isaiah 8:17: I will wait upon Adonai, who hides the Divine face from the house of Jacob. I will hope and wait for God.

PROTECTION

- Isaiah 49:23: They shall not be ashamed who wait for Me.
- Psalms 33:20,22: Our soul waited for Adonai. God is our help and our shield. Let your steadfast lovingkindness be upon us, even as we wait and hope in you.

INSIGHT

- Psalms 25:5: Lead me in Your truth, and teach me – You, the God of my salvation; for You do I wait all the day.

DEPTH

- Psalms 38:7-9: Truly every person, even in his best state, is vanity. Surely every person walks in a vain show. Surely we are disquieted in vain. We heap up riches, and do not know who will gather them. And now, Adonai, what do I wait for? My hope is in you. Deliver me from all my transgressions.

INTEGRITY

- Psalms 25:21: Let integrity and uprightness preserve me, for I wait on You.
- Hosea 12:7: Therefore, turn you to your God. Keep mercy and justice, and wait on your God continually.

ENERGY

- Isaiah 40:31: They who wait on Adonai shall renew their strength. They shall mount up with wings, as eagles. They shall run and not be weary. They shall walk and not faint.

COURAGE

- Psalms 27:14: Wait on Adonai, Be of good courage and God will strengthen your heart. Wait and hope (*kaveh*) in Adonai.

PATIENCE

- Psalms 37:7-9: Rest in Adonai, and wait patiently for Him: don't fret yourself because of someone who prospers through bringing wicked devices to pass.... For evildoers shall be cut off, but those who wait on Adonai shall inherit the earth.

- Proverbs [27:18](#): Whoever keeps a fig tree shall eat the fruit thereof, and one who waits (*veshomer*) on his Master shall be honored.
- Habakuk 2:3: For the vision is yet for an appointed time, and it speaks concerning the End, and does not lie. Though it tarries, wait for it; for it will surely come; it will not be late.

CONNECTION TO GOD AS WE WAIT

- Isaiah 33:2: O, Adonai, be gracious to us. We have waited for you. Be You our arm every morning, our salvation also in time of trouble.
- Micha 7:7: Therefore I will look unto Adonai. I will wait (*ochilah*) for the God of my salvation. My God will hear me.
- Isaiah 26:8: Yea, in the way of Your judgments, Adonai, have we waited for You; the desire of our soul is Your name and the remembrance of You.
- Psalms 40:1: I surely waited (*kavo kiveeti*) for Adonai; God inclined to me and heard my cry.

RELIANCE ON GOD

- Psalms 62:1-7: Truly, my soul waits in silence, only upon on God, from Whom comes my salvation....My soul waits in silence (*dohmee nafshi*) only upon God, for my hope (*teekvati*) is from God.

GRATITUDE

- Psalms 52: 10-11: I trust in God's lovingkindness and grace forever and ever. I will praise You forever, because of what You have done, and I will wait on Your name, for it is good before those who love You.

LETTING GO & FORGIVENESS

- [Proverbs 20:22](#): Do not say, "I will repay evil," but wait on Adonai, and God will save you.
- Psalms 130:3-4: If You, Yah, should maintain and mark all our sins, who could stand? But there is forgiveness in you, that you may be revered. I wait for you, God; my soul waits, and in God's word do I hope.

TRUST

- Lamentations 3:21f: This I recall to my mind, therefore I have hope: Adonai's lovingkindness and grace never cease, and God's compassion never ends. They are new every morning. Great is Your faithfulness! "Adonai is my portion," says my soul, therefore will I hope in God. Adonai [is] good to those who wait for Him, to the soul of one who seeks Him. [It is] good to hope quietly for the salvation of Adonai.

READYING TO RECEIVE

- Isaiah 25:9: And it shall be said on that day, "Behold, this is our God, for Whom we have waited. God will save us. This is Adonai, for Whom we have waited. We will be glad and rejoice in God's salvation.
- Isaiah 64:3: For since the beginning of time, no one has heard, nor perceived by the ear, nor has the eye seen, O God, besides You, what You will do for one who waits for You...
- Daniel 12:12: Happy is the one who waits and arrives [to the final days].

ACKNOWLEDGING REALITY

Jerry Seinfeld put it well: “The waiting room. I hate when they make you wait in the room. 'Cause it says ‘Waiting Room.’ There’s no chance of not waiting.” In life, not just in a doctor’s office or at the DMV, there is “no chance of not waiting.” The question is not: will you wait. The question is: *how* will you wait? With what attitude? With what plan and provisions? With what expectations and resources?

CHOOSING A PERSPECTIVE

Some people make amazing uses of small bits of time - studying Talmud or writing poetry while waiting for a bus or a barista. Some people welcome delays and other “waiting opportunities” because they view these as “found time” for prayer, meditation, writing in a journal, or checking in with a friend.

How you wait may also be a function of what you expect. If you are waiting for news that you expect to be bad, your mind may be clouded by dread and worry. If you are an expectant mother, then waiting may be full of hope, nesting, and joyous plans for the future. “May be” are the key words, because it’s certainly possible to imagine a pregnant woman who dreads delivery or motherhood. And we have all known people who wait for the confirmation of a dreaded disease by reminding themselves of all the blessings they have and can create - come what may.

QUESTIONS - SETTING YOUR INTENTION

- How will you choose to wait?
- What will you do with your resistance to waiting?
- What will you do with your resistance to taking action?
- Will waiting be a signal for hope (as it is in the Hebrew language), or for something else?
- Which of the above quotations are you most drawn to, and why?
- Which of the above themes and titles (in ALL CAPS) are you most drawn to, and why?