

## Week 2

# GEVURAH | STRENGTH

We move into the second week of counting the Omer with the sephira (sacred quality) of *Gevurah*, often translated as discipline or strength. *Gevurah* invites us to explore the many dimensions of resilience and to reconnect with the sources of our inner strength.

[Watch the video:  
Finding Purpose Through Resilience](#)

### **A gentle prompt for the week:**

*Gevurah* is not about power over others, but about the quiet, steady strength within—the force that helps us endure, set boundaries, and remain grounded in the face of challenge.

Take a few moments to remember a time when you found resilience during a difficult moment in your life or in the world. How did you summon that inner strength? What did resilience feel like—in your body, your heart, your spirit? Where do you sense that strength comes from?

## Practices for the week ahead:

- Set aside a few moments after counting the Omer to write about your day. When did you feel resilient? How did you meet the challenges that arose? (Research shows that journaling can help regulate stress and deepen awareness of your inner strength.)
- Spend time in the natural world. Rebbe Nachman of Breslov encouraged daily outdoor practice as a way to restore the spirit. Wherever you are, step outside and notice what shifts within you.
- Reach out for support when you need it. We often imagine strength as something we must carry alone, but true strength includes vulnerability. When you ask for help, you open the door for others to do the same. You might also join Ritualwell's weekly Monday minyan,  Holding Each Other , as a space for shared support and spiritual resilience.