

The pure righteous do not complain of the dark, but increase the light; they do not complain of evil, but increase justice; they do not complain of heresy, but increase faith; they do not complain of ignorance, but increase wisdom

Rav Avraham Yitzchak Kook

InLight MevieOr

**Annotated Sources for Study and reference
On the Theme of Light, Hope, and Peace**



“I Will Speak Peace of You”

Selected Verses from the Bible and the Qur'an

Selected Bible verses

I will grant peace in the land, and you shall lie down untroubled by anyone; I will give the land respite from vicious beasts, and no sword shall cross your land.

(Leviticus 26: 6)

The Lord bestow favor upon you and grant you peace!

(Numbers 6: 26)

I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things.

(Isaiah 45: 7)

Pray for the peace of Jerusalem. May they prosper who love you. Peace be within your walls, prosperity within your palaces. For the sake of my brethren and companions, I will speak peace of you.

(Psalm 122: 6-8)

A time to love and a time to hate; a time of war and a time of peace.

(Ecclesiastes 3: 8)

Selected Qur'an verses

In the name of God, the Merciful, the Compassionate. Praise be the Lord of the universe

(Surat al-Patihah 1: 1-2)

Who has created us and made us tribes and nations, that we might know each other

(Surat al-Hujurat 49: 13)

If the enemy inclines towards peace, do thou also incline towards peace, and trust in God, for the Lord is the One that hears and knows all things

(Surat al-Anfal 8: 61)

And the servants of God, most gracious are those, who walk on the Earth in humility, and when we address them, we say peace

(Surat al-Furkan 25: 63)

God invites to the abode of peace and He guides whomever He wishes to the straight path

(Surat Junus 10: 25)

Food for thought -

How might we "know each other" by reading these verses? Are these verses relevant to our



Prayers from the Three Faiths

Prayer for Peace

Based on Rabbi Nachman of Breslov

May it be Your will, our God and God of our fathers and mothers, to put an end to war and bloodshed on earth, and to spread a great and wonderful peace over the whole world, “so that nation shall not lift up sword against nation, neither shall they learn war anymore.” (Isaiah 2:4)

May all the dwellers on earth only recognize and know the pure truth that we did not come to this world for strife and dispute, and not for hatred, jealousy, pettiness, and bloodshed. We came to this world only to know You, may you be blessed forever.

Have mercy on us, then, and may the words of Scripture be realized in us: “And I will give peace in the land, and you shall lie down and none shall make you afraid” (Leviticus 26:6); “Let justice run down like water, and righteousness like a mighty stream.” (Amos 5:24).

Rabbi Nachman of Breslov –founder of the Breslov Hasidic movement in the 18th century. He was well known for breathed new life into the Hasidic movement by combining the esoteric secrets of Judaism (the Kabbalah) with in-depth Torah scholarship.

O God! Set a Light in My Heart

Abu Hamid Muhammad al-Ghazali

O God!

Set a light in my heart
And light in my tongue
Set a light in my ear
And a light in my eye
A light behind me; And a light in front of me
And set light above me.

O God!

Give me light.

Abu Hamid Muhammad al-Ghazali –
A 10th century Muslim
theologian, jurist, philosopher,
and mystic of Persian descent.



Lord, Make Me the Instrument of Thy Peace

St. Francis of assisi

Lord,
Make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is discord, vision.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

*St. Francis of assisi - An 11th
century Italian Roman
Catholic friar and preacher.*

O divine Master,
Grant that I may not so much seek to be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we are receive,
It is in pardoning that we are pardoned,
And it is in dying that we are borne to eternal life.

*Based on this prayer by St. Francis
of Assisi, Israeli musician Shuli
Natan composed a beautiful Hebrew
song called [Ana Eli](#) (Please Lord)*



Food for thought -

Do we serve as God's instruments for all the above desires and hopes or is it our free will to act in a loving kindness?



Modern prayers and texts

A Prayer for Life

Sheikha Ibtisam Mahamid and Rabbi Tamar Elad-Appelbaum

God of Life

Who heals the broken hearted and binds up their wounds

May it be your will to hear the prayer of mothers

For you did not create us to kill each other

Nor to live in fear, anger or hatred in your world

But rather you have created us so we can grant permission to one another to sanctify

Your name of Life, your name of Peace in this world.

For these things I weep, my eye, my eye runs down with water

For our children crying at nights,

For parents holding their children with despair and darkness in their hearts

For a gate that is closing and who will open it while day has not yet dawned.

And with my tears and prayers which I pray

And with the tears of all women who deeply feel the pain of these difficult days

I raise my hands to you please God have mercy on us

Hear our voice that we shall not despair

That we shall see life in each other,

That we shall have mercy for each other,

That we shall have pity on each other,

That we shall hope for each other

And we shall write our lives in the book of Life

For your sake God of Life

Let us choose Life.

For you are Peace, your world is Peace and all that is yours is Peace,

And so shall be your will and let us say Amen.

***Tamar Elad-Appelbaum** is a female Rabbi of the Conservative movement from Jerusalem.*

***Sheikha Ibtisam Mahamid** is a female Sheikh from the town Fureidis.*

They wrote this prayer together in summer 2014, during Israel's Operation Protective Edge in the Gaza Strip.

Food for thought -

How would you phrase your prayers in times of war,
what would you add, what would you omit or change?



Think of Others

Mahmoud Darwish

As you prepare your breakfast, think of others
(do not forget the pigeon's food).
As you conduct your wars, think of others
(do not forget those who seek peace).
As you pay your water bill, think of others
(those who are nursed by clouds).
As you return home, to your home, think of others
(do not forget the people of the camps).
As you sleep and count the stars, think of others
(those who have nowhere to sleep).
As you liberate yourself in metaphor, think of others
(those who have lost the right to speak).
As you think of others far away, think of yourself
(say: "If only I were a candle in the dark").

Mahmoud Darwish – A 20th century Palestinian poet and author, who is regarded as the Palestinian national poet.

Every Rose is an Island of the Promised Peace

Zelda

Every rose is an island
Of the promise peace
The everlasting peace.

In every rose lives
A sapphire bird
Called "swords into plowshares"

And it seems
So close
The light of the rose
So close
Its fragrance
So close
The tranquility of the petals
So close
Is that island
That you may take a boat
And cross the sea of fire.

Zelda – an early 20th century Israeli poet. Zelda Schneerson was raised in the Orthodox Chabad Hasidic movement and was a cousin of Rabbi Menachem Mendel Schneerson – known as the last Lubavitcher Rebbe.

Food for thought -

Is peace a natural desire? Where would our instincts take us based on Zelda's Poem?



Closing prayer

Racheli Frankel

To my brothers and sisters
Members of the order of pain
The fellowship of longing
I offer a penance
For missed conversations
For hugs left dangling on the fingertips
For words unspoken
And for those spoken
When we thought we had an eternity to amend them
I sell a pardon to anyone who wants one
For every “if only”
“If I had forbidden” “If I had protected”
For every if only I, if only he
Release from the leaches of pain
From all the drinkers of the essence of the heart
You are forgiven, forgiven, forgiven
Repeat after me, you too
This voice only empties
Take a forgiving penance
For fragments of joy and laughter that sneak in through the door
For an instant of distraction
For the ambush of unexpected tears
It has been permitted, removed, and expunged for you
Permission is granted
Save us – me and him
It is possible to forgive
For a moment just to breathe and relax
It is permitted, slowly, to live again.

Racheli Frankel is the mother of Naftali Frankel, one of the three Israeli youths who were kidnapped and murdered in the summer of 2014. Since immediately after the attack, she has consistently spoken out against revenge and in favor of dialogue.

Food for thought -

What prevents us from forgiving others,
what delays our forgiveness?
What promotes mercy and forgiveness?

