

REFORM

The Four Cups

Contributed by [Daniel Gropper](#)

Source: <http://www.ritualwell.org/ritual/four-cups>

The Four Cups by Rabbi Yael Levy

It is time, the Infinite calls, Come

V'hotzeyti, I will take you out

V'hitzalti, I will deliver you to a new place

V'ga'alti, I will help you to transform

V'lakachti, I will take you into relationship

And you will know your beloved place amid the myriad of all life (Exodus 6:6-7).

I can't the soul cries, I am so afraid.

Of course you are, the Infinite responds.

You have been in the narrow place for so very long

But I will lift you up,

So just for a moment you will see

The expanse of possibilities,

Then you will decide what is more frightening

To stay where you are

Or to step out towards what might be.