



HAFTORAH INSIGHTS

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Navigating The Spiritual Bends

YESHAYAHU 66:1-24

After a month at spiritual heights, we may feel something like the “spiritual bends.” Re-entry can be challenging post-Chag.

Nissan lifts us - with ימים טובים, with heightened tefillah, with days that are structured and full. And then, almost abruptly, we return to weekday life. The matzah is put away. The intensity softens. We step into Iyar.

How do we reorient ourselves without the same clearly defined spiritual anchors?

The closing vision of this week’s haftorah offers direction: מְדִי חֵדֶשׁ בְּחֵדָשׁוֹ וּמְדִי שָׁבַת בְּשָׁבַתוֹ, month by month, Shabbat by Shabbat - these words capture the rhythm that carries us forward.

The Me’am Loez understands the

“pilgrimage” of the new month as a reference to Nissan, the month of miracles, while Shabbat reflects creation, the steady awareness of Hashem within the natural order. We are presented with two modes of connection: revelation, and continuity. The Radak frames this vision as one of ongoing return where each appointed time becomes an opportunity to come before Hashem anew.

Nissan may be behind us, but we are not stepping away from it. We are carrying it forward. Iyar, through Sefirat HaOmer, replaces peaks with progression. Day by day. Step by step. מְדִי... מְדִי - again and again.

This is the avodah of these weeks: to take the clarity of Nissan and translate it into continuity, to bring Hashem into the rhythm of our days until יבוא כל בשר להשתחוות לפני, *until all humankind will come to prostrate themselves before Me, says Hashem.* ■

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