



EIGHT NIGHTS OF HANUKKAH GRATITUDE

Gratitude is at the heart of Judaism in general - and Hanukkah in particular. On Hanukkah, we celebrate the military victory of Yehuda the Maccabee and his army over their Greek oppressors, and the Torah reveals there is special significance behind that name.

We are introduced to the name Yehuda in the Torah when Leah gives birth to him and says, **“אֹדְהָ אֶת־יְהוָה”** (This time, I will give thanks to God) (Genesis 29:35). The root letters of "odeh" - “I will give thanks,” form the basis of the name Leah chose for her son. From Yehudah, we get the name “Judah.” And from “Judah” we get the word “Judaism.”

Hanukkah is a time to reflect on gratitude and the ways it can be used to “fight” off the darkness of intrusive thoughts or bouts of depression and anxiety that plague our lives, just like Yehuda and the Maccabees fought off their oppressors. On each night of Hanukkah reflect on eight miracles you are grateful for.

NIGHT #1

NIGHT #2

NIGHT #3

NIGHT #4

NIGHT #5

NIGHT #6

NIGHT #7

NIGHT #8