

## A REIMAGINED RITUAL

# THE FOUR GLASSES OF WINE

Consider how these four promises connect to our individual and shared experiences in our past, present, and future.



### Promise 1

"I will bring you out from under the yoke of the Egyptians."

This promise is the Israelites first step toward freedom. The *Torah* (Hebrew bible) teaches that after more than 400 years of enslavement, God leads the Israelites out from under the yoke, or restricting force, of the Egyptians.

#### DISCUSS

- What yokes would you like to remove from your own life?
- Are there ways you can help remove yokes for others in your community?
- How do you understand the metaphor of "the yoke of the Egyptians" in our modern world?



### Promise 2

"I will free you from being slaves to them."

The second promise explores the nuance between removing restrictions and being free. In the first two promises, the Torah teaches that while we no longer have restrictions, we may need to do internal work to realize freedom.

#### DISCUSS

- Are there areas in your life where you seek more freedom? Why?
- Freedom can mean the ability to choose. What is a choice that you're thinking about this year?
- What is one thing you'd like to do this year to create freedom for others?



### Promise 3

"I will redeem you with an outstretched arm and with mighty acts of judgment."

The promise of redemption reaches beyond the physical limitations of the first two promises. It creates space to see ourselves as individual human beings of inestimable worth, something that is not always easy to do.

#### DISCUSS

- What does redemption mean to you?
- Redemption extends to emotional and spiritual liberation and security. Are there new spiritual practices you hope to begin this year?
- Redemption can also be about emotional safety. How do you help create spaces that are safe for those around you?



### Promise 4

"I will take you as my own people, and I will be your God."

The final promise is one of community. But, more than that, it is a promise of family, both family of origin and chosen family. It inspires us in our efforts to build thoughtful communities where all are welcome.

#### DISCUSS

- Think about your HMI chosen family. How can you continue to build your HMI community?
- Community often requires vulnerability. What vulnerability could you share to deepen your relationships?
- Can you think of ways to ensure that no one feels unintentionally excluded from your community?