

A photograph of a river with white water rapids. The water is turbulent and white with foam, cascading over dark, jagged rocks. The background is dark and out of focus, suggesting a dense forest or wooded area. The overall scene is dynamic and powerful.

**Genesis 32:32 Therefore the children of Israel eat not of the sinew which shrank, which is upon the hollow of the thigh, unto this day: because he touched the hollow of Jacob's thigh in the sinew that shrank.**