

# The Narrow Bridge

גשר צר מאוד

## INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 174

To join our Whatsapp group for daily messages, contact us at 845-641-2648

לע"נ פעסל בת ישראל מנחם / לזכות חילינו

*You are one of the most important projects you'll ever work on. Start where you are, use what you have, and do what you can. Reset, refocus, and restart as many times as you need. But no matter what, don't ever give up.*

INSPIRED BY THE TEACHINGS OF REBBE NACHMAN (1772-1810)

*Sometimes a person needs to lose themselves in order to truly find themselves. Life doesn't always unfold the way we imagine it will. Along the way, we may stumble, lose momentum, or drift from the path we once felt so sure about. But a detour is not a dead end. What matters most is not how far we may have wandered, but our willingness to find our way back, one small step at a time.*

*You are not the sum of your past mistakes. Each day arrives with the invitation to realign, and to begin again with clearer intention and renewed resolve. Guilt and fear may try to convince you to stay where you fell, but they have no authority over your future. Progress, even when slow and uneven, is still progress.*

*The past is not a compass for your future. Missteps are meant to guide your next steps, not prevent them. Give yourself permission to chart a new course, informed by experience but not imprisoned by it. Every choice forward, no matter how small, loosens the grip of yesterday.*

*The past has its place – it shaped you, taught you, and may have even broken you a little. But always remember that the past is a place of reference, not a place of residence; it carries lessons, not limitations. Your next move is far more important than your last mistake – what matters most is not where you've been, but where you choose to go from here. Don't let yesterday's shadows block tomorrow's light.*

*Healing doesn't happen by staring in the rearview mirror. Growth begins when you find the courage to pursue what you deserve. Rebuilding can happen quietly, piece by piece, one honest step at a time. The future is waiting with open arms. Lift your eyes and keep moving forward knowing that the future is not bound by yesterday but built by the steps you take today.*

INSPIRED BY THE TEACHING OF REB NOSON OF BRESLOV (1780-1844)

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*Every person we encounter is fighting battles we may never hear about. Today, you could be standing next to someone who is trying their best not to fall apart. Be the kindness that makes the weight they carry feel a little less heavy.*

INSPIRED BY THE TEACHINGS OF THE ALTER OF KELM, RABBI SIMCHA ZISSEL ZIV (1824-1898)

*Don't mistake struggle for failure. Before noticeable growth appears, life often gets heavier. Doubt shows up, progress feels slow, and setbacks come one after another. It's easy to read it as a sign to stop, to pull back, or to question everything you've been building. But growth has a way of introducing new resistance the moment you begin moving toward something greater. Every new level demands a stronger version of you, which is why new challenges often appear alongside new opportunities.*

*Challenges and obstacles are not always warnings – sometimes they're confirmation that you're approaching takeoff. Airplanes experience the greatest resistance just before they lift off the ground – a threshold must be passed before the climb begins. Sometimes the pressures of life increase because you are closer to elevation than you realize.*

*Stay disciplined, stay focused, and stay patient. Because sometimes, the most difficult phases in life are not the end of the journey, but the runway leading to your next destination.*

INSPIRED BY THE TEACHINGS OF REBBE NACHMAN (1772-1810)

*The surest way to have a positive influence on someone is to first love and accept them unconditionally.*

INSPIRED BY THE TEACHINGS OF THE BAAL SHEM TOV, RABBI YISRAEL BEN ELIEZER (1698-1760)