

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

#### Short Quotes from Various Tzaddikim - Week 182

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

לע"נ פעסל בת ישראל מנחם / לזכות חילינו

*When a family loses their home, every member mourns differently.*

*One cries. One sits silently. One doesn't know what to feel at all. Yet they are all still family.*

*Tisha B'Av is the same. Whether your heart overflows with tears or simply wishes it could, your presence alone matters.*

*Like an empty chair at a family table, the Beis HaMikdash leaves behind an absence that every Jew can feel.*

*You do not have to remember the Beis HaMikdash to know that the Jewish people are not yet complete.*

*Simply recognizing that something precious is still missing means your heart has already joined in its rebuilding.*

*The Beis HaMikdash was holy. The korbanos were holy. But to Hashem, there is nothing quite as holy and precious as His children. The Beis HaMikdash was always meant to bring us closer to Him and closer to each other.*

*Its rebuilding begins whenever we uncover the Divine light already placed within every person.*

*Perhaps this is one of Hashem's messages to us on Tisha B'Av:*

*"My light is no longer revealed through a building of stone, but within each of you. Learn to find Me in one another.*

*See My light reflected in every soul. Because when you search for Me there, I will reveal Myself everywhere else."*

*It's important to note that Tisha B'Av is not only about remembering what was lost. It is about refusing to believe that what is broken must remain broken. The Beis HaMikdash may be hidden from our eyes, but its rebuilding begins in our hearts.*

*Perhaps this is why Tisha B'Av is called a Moed – a festival. How could the saddest day of the year be considered a holiday?*

*The answer is because it is a day of hope. It is a protest against accepting a broken reality.*

*For nearly two thousand years, the Jewish people have refused to accept that exile is permanent.*

*We refuse to believe that the Beis HaMikdash is gone forever.*

*We refuse to believe that suffering is the final chapter of Jewish history. That refusal itself is an act of hope.*

*On Tisha B'Av we declare that our tears are not tears of surrender; they are tears of protest – they are a declaration that we still believe redemption is coming and that will never stop hoping towards a better tomorrow.*

*The same is true in our personal lives.*

*Every yearning for a world that feels more complete is, at its deepest level, a yearning for the Beis HaMikdash.*

*Every longing for greater joy, for greater clarity, for greater closeness to Hashem is already part of its rebuilding.*

*The Midrash teaches that while eighty percent of the Jewish people did not leave Egypt,*

*Dasan and Aviram, despite their many failings, did merit to leave. Why?*

*Because although they were deeply flawed, they refused to believe that Egypt was the end of the story.*

*They still believed there had to be something greater ahead. Hope itself became part of their redemption.*

*Perhaps that is one of the deepest messages of Tisha B'Av. We mourn because we believe things can be different.*

*We cry because we know this world, and this exile, are not Hashem's final plan for His people.*

*Every tear quietly proclaims: We still believe. We are still yearning. We are still waiting.*

*One day we will discover that every prayer, every act of kindness, every moment of hope, and every tear shed were part of a foundation of a future we could not yet see. One day – please G-d, may it be soon – we will stand together again, not only remembering the home we lost, but celebrating the home we helped rebuild.*

Inspired by the teachings of Rabbi Yehuda Zev Klein and Rabbi Charlie Harary

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*The small dimples on a golf ball make it travel farther. In fact, a dimpled golf ball can travel up to twice as far – and sometimes up to four times as far – as a perfectly smooth ball struck with the exact same force.*

*Those moments in life that leave us with our own “dents” are often the very ones that will help propel us farther than we could have ever gone without them.*

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

*A sculptor doesn't create the statue by adding more marble. He reveals it by removing what doesn't belong. Becoming who Hashem created us to be is often less about adding something new and more about uncovering the beauty that has always been there.*

INSPIRED BY THE TEACHINGS OF THE LUBAVITCHER REBBE, RABBI MENACHEM MENDEL SCHNEERSON (1902-1994)

*I came across an image of two meals – one was completely burnt after spending an hour in the oven at 900°F, and the other was perfectly cooked after spending three hours in the oven at 300°F. Same ingredients. Very different results.*

*This serves as a powerful reminder: Growth isn't about rushing – it's about finding the right pace. In a world that praises speed and constant hustle, it's easy to forget that the best things in life – whether it's skills, success, or even healing – take time.*

*So if your journey feels slow right now, don't stress. You're not falling behind. You might just be slow cooking something extraordinary.*

MINDFUL MOTIVATION

*Speak to Hashem as if He was your best friend, for in fact, He is. There is nobody who knows you like Hashem, believes in you like Hashem, loves you like Hashem.*

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