

The Narrow Bridge

גשר צר מאוד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 186

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

לע'נ פּעסל בת ישראל מנחם / לזכות חילינו

*Sometimes Hashem will let you hit rock bottom
so that you can realize that Hashem is the rock at the bottom.*

MEANINGFUL MINUTE

*When anxiety begins to build and your thoughts become overwhelming, take a moment to pray.
You don't have to carry every burden alone. Speak to G-d about your troubles, your fears, and your worries.
Prayer may not immediately change the situation, but it can give you the peace and strength to face it.*

Trust that G-d hears your prayers even when you struggle to put them into words. Release what is beyond your control and focus on what you can do today. Keep praying, keep believing, and keep moving forward. There is a special peace that comes from placing your worries in G-d's hands and trusting Him with whatever comes next.

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

*One of life's greatest achievements is reaching the end of the day and
knowing you made someone else's world a little bit brighter.*

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

Every time you pray it's as if you are whispering directly into G-d's ear.

RABBI ELIMELECH BIDERMAN

*A music sheet contains empty spaces called rests.
Without these moments of pause, the notes would lose their meaning.
Shabbos is the rest that can bring the music to our life.*

INSPIRED BY THE TEACHINGS OF RABBI JONATHAN SACKS (1948-2020)

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