



The Narrow Bridge

גשר צר מאוד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 189

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

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

We often notice what separates us before we notice how much we actually share.

Different backgrounds, different personalities, different opinions – but the same need to be understood, valued, and loved.

Sometimes unity begins by looking for what connects us before focusing on what divides us.

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

The strongest foundation for spiritual success is unshakable belief in yourself – everything begins there.

The moment you understand your inherent worth is the moment your life begins to rise.

When you know how precious and how capable you are – when you see your value and your ability – your choices become clearer, your path brighter, and your heart lighter. Never doubt how cherished you are – your best life grows from the belief that you deserve the best in life.

INSPIRED BY THE TEACHINGS OF RABBEINU YONAH (1180-1263)

The month of Elul serves as a reminder that you can regret what you did without regretting who you are. We all have moments we wish we could go back and change, but our mistakes are things we made – not a definition of who we are.

Growth doesn't require perfection; it requires perseverance. Give yourself permission to be a work in progress. Always remember, your past is allowed to be part of your story without being in charge of the next chapter – you can forgive yourself and still learn from yourself. Carry the lesson, not the burden. Make peace with the past, and then allow yourself to move forward.

INSPIRED BY THE TEACHINGS OF RABBI MICHEL TWERSKI

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When G-d wanted to make David a king, He didn't give him a crown – He gave him Goliath.

When G-d wanted to make Yosef a leader, He didn't give him a palace – He gave him prison.

When G-d wanted to elevate Moshe, He didn't give him a stage – He gave him a wilderness.

When G-d wanted to make Esther a queen, He didn't give her peace – He gave her crisis.

*When G-d wanted to make Avraham the father of all nations, He didn't give him certainty –
He gave him a journey into the unknown.*

Our challenges do not exist to break us, but rather to build us.

It is precisely the shards of our broken hearts that G-d takes to shape and prepare us for the greatest heights.

ATTRIBUTED TO RABBI MENDEL MINTZ

*Rosh Hashana is a day to look back with honesty, but more importantly to look forward with hope. It is a celebration of renewal –
a chance to begin again, to declare with courage and hope: We are not finished yet. Our story is still being written.*

*As the shofar calls out like trumpets at a royal coronation, we crown Hashem as our King –
and in doing so, we are reminded of our own nobility, for if He is our King, then we are His royalty.*

*It is a day to fall in love with Hashem all over again, to renew our bond and whisper with all our being:
We are Yours, and You are ours – forever and always.*