

The Narrow Bridge

גשר צר מאוד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 145

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

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

Every day won't feel the same and that's okay. Some days you'll feel strong and motivated, and other days you may feel tired or overwhelmed. Some days you'll move mountains, and other days you'll move from the bed to the couch.

Both are progress. Both are necessary. It's part of being human.

Life comes with both highs and lows, and you're not expected to be at your best all the time.

Even the act of getting out of bed some mornings can be a powerful form of holiness.

Whether you're running or crawling, sprinting or inching up, what matters is that you keep showing up.

Your emotions are valid and it's healthy to acknowledge them without letting them control you. Be gentle with yourself, speak with compassion and remember that even on the tough days, you're making progress. Be proud of yourself for surviving the silent battles no one knows about. A little good – even one small point – should be sought out and celebrated.

Progress doesn't always roar. Sometimes, it whispers through the smallest steps you take.

And one day, when you look back, you'll see that those quiet, gentle steps carried you farther than you ever imagined.

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

Always remember to pray for those who cannot pray for themselves –

for the ones too broken to find the words, too weary to lift their hearts, or too lost to believe that anyone is listening.

Sometimes, the most powerful prayer isn't said for yourself at all, but for someone who has forgotten how to hope.

Every whispered prayer you offer on their behalf can become a spark within their darkness. Because when you pray for another, you help carry a piece of their burden – even if they never know it. Your quiet care reaches places your hands cannot.

Even if your prayer doesn't fix what troubles them, it can bring light into their struggle, softening the weight they carry and offering a measure of comfort where it is most needed. And sometimes, that simple act of care does more than you'll ever realize.

It might be the reason someone feels a little less alone that day, a little more seen that day, and a little more held that day.

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

A young boy walked into a pencil factory and saw pencils being made.

He asked the factory manager, "How do you make such perfect pencils?"

The manager smiled and said, "Before we make the pencils, we put the graphite through a great deal of pressure and hardship.

We break it, we grind it, and we shape it. Then, we put it into the pencil casing."

The boy asked, "Why do you put it through so much?"

The manager replied, "To make it sharper, stronger, and more precise."

While we don't ask for challenges, it's important to remember that they are not without purpose.

Every obstacle is an opportunity to grow, learn, and become a better version of ourselves. Just like the graphite, we may face pressure and hardship, but it's through these experiences that we become sharper, stronger, and more precise in our pursuits.

And when the challenge feels too great to bear, know that Hashem would never place it before you if He didn't know you could overcome it. The very fact that this challenge reached your path means you already have the strength to rise above it.

Every test is a sign of His trust, a divine message that whispers, "I believe in you."

Hashem sees the greatness in you that you may not yet see in yourself, and through this experience, He's helping you uncover it.

So even in the struggle, hold your head high – you are walking a path chosen by Hashem

because He knows you can walk it with courage, faith, and strength.

INSPIRED BY THE TEACHINGS OF THE RAMBAN, RABBI MOSHE BEN NACHMAN (1194-1270)

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Our spiritual journey is not a one-way street – it was never meant to look the same for everyone. Hashem, in His infinite wisdom, created countless pathways that lead back to Him – because no two souls are the same. Each person's journey to Gan Eden is uniquely shaped by their experiences, their strengths, and their struggles. What inspires one person might not move another, and that's not a flaw – it's the beauty of divine design.

Hashem doesn't expect us all to serve Him in identical ways; He delights in the individuality and uniqueness of each person's connection to Him.

Hashem gave us 613 mitzvos – not to overwhelm us, but to give us options for connection – providing us with a magnificent garden of paths, each leading to the same destination – closeness with Hashem. All mitzvos are precious in Hashem's eyes – each and every one is important and carries its own value – yet each soul is naturally drawn to the mitzvos that resonate most deeply with their heart. Each mitzvah is a different gate that opens toward the same palace – and we are invited to walk through the one that feels like home.

Some find that their soul comes alive when studying the words of Torah, where every insight feels like a conversation with Heaven, and where the discovery of divine wisdom fills them with purpose. Others find their deepest connection in prayer, when their heart speaks directly to Hashem and the world fades away. For another, the spark ignites in chessed – a quiet act of kindness, a phone call to comfort someone lonely, or a hand extended to lift a struggling friend. And for yet another, the most natural expression of love for Hashem is through charity – turning compassion into action and sharing their blessings to ease someone else's burden. And then there are some people who find their deepest connection to Hashem not through action alone, but by confronting and battling their inner desires, or by strengthening their faith and trust in moments of fear and uncertainty.

Each of these paths, though different in form, leads to the same destination: closeness with the Creator.

Every person has a unique mission and purpose. No path is higher or lower – only different. The goal isn't to walk someone else's road, but to find your own personalized way to Hashem. Because in Hashem's eyes, each path is sacred, and each connection is beloved. There's no single formula for spiritual success – what matters most is our efforts, sincerity, and love. When you serve Him with a full heart – through whichever mitzvah speaks most deeply to you – you're already walking your personal path to Gan Eden.

INSPIRED BY THE TEACHINGS OF THE VILNA GAON, RABBI ELIYAHU BEN SHLOMO ZALMAN (1720-1797)

Hashem's therapy plan:

- 1) *Speak freely*
- 2) *Feel deeply*
- 3) *Trust fully*

Side effects may include peace, hope, and renewed strength.

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