

The Narrow Bridge

גשר צר מאוד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 146

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

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

There's nothing more beautiful than a person who chooses to make life more beautiful for others. Sometimes it doesn't take much – just a kind word, a gentle smile, or the willingness to listen when someone's heart feels heavy. Never underestimate how far a single moment of warmth can reach; it can be the bridge between despair and hope for someone silently struggling.

A smile costs nothing, yet it carries the power to lift another soul. A kind word spoken at the right time can heal more than we realize. Often, a person in pain doesn't need grand gestures – they just need someone who cares enough to pause, to see, to listen. Your light might be exactly what someone else prayed for. When you offer a listening ear, you become that lifeline – a calm presence in someone else's storm, a reminder that they are not alone. Be the one who brings peace to another's chaos, be the light that shines quietly at the end of their tunnel. You never know whose world you're brightening simply by being there.

INSPIRED BY THE TEACHINGS OF RABBI SHAMSHON RAPHAEL HIRSCH (1808-1888)

Progress isn't about keeping up with others. Your journey is yours alone – unique, meaningful, and unfolding at its own pace. Comparing yourself to others can steal your joy, distract your focus, and cloud your purpose. But when you shift your gaze from what others are doing to who you are becoming, that is where growth happens.

Celebrate the small wins, the quiet breakthroughs, and every step forward, no matter how slow. Even when it goes unseen, progress is still progress. Stay in your lane, water your own garden, and trust that your time will come. Keep going – you're doing better than you think. And most importantly, don't ever give up on yourself – you're worth the effort.

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

Some of the most stunning seashells were shaped by the roughest waves. You may not realize it now, but all the tumbling, the crashing, the chaos – they're all polishing you into something precious and beautiful.

INSPIRED BY THE TEACHINGS OF RABBI ASHER RESNICK

*Hashem is always there for you.
He is awake when you can't sleep,
He listens when you can't speak,
and He holds you when you can't stand.*

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A man was walking on the beach when he noticed a young boy who kept leaning down, picking something up, and throwing it in the water. As he got closer, he realized that the boy was picking up the starfish that had been washed up on the shore and was throwing them back into the water one at a time, so that they wouldn't die.

Amused by the sight, the fellow told the boy that he was simply wasting his time. "There must be thousands of starfish on this beach and along the coast. You can't possibly get to all of them. Don't you see that you will never be able to make a real difference?"

The boy smiled, bent down, and picked up yet another starfish. As he threw it back into the sea, he replied, "Tell you what... it definitely made a difference to that one!"

We may look at the world and feel overwhelmed – so many people in pain, so many problems we can't solve, so many things beyond our reach. It's easy to think, what difference can our small actions possibly make? But we need to remember that every act of kindness, every word of encouragement, every sincere smile, creates a spark of light that can push back someone's darkness. These gestures may seem small, but to someone dried up on the shore, they can mean everything. While we may not be able to fix everything, that should never stop us from doing something.

And the same holds true in how we view ourselves – just as we must act kindly towards others, so must we treat ourselves with the same compassion. We sometimes get discouraged, thinking that because we aren't perfect, or because we struggle in certain areas, our efforts don't count, or they hold little to no value. We begin to convince ourselves that there's simply no point in trying. But this couldn't be further from the truth. Hashem does not ask us for perfection – He asks us for effort. You don't need to do everything for you to mean something. Hashem is very patient, and He cherishes every attempt – even the smallest. Every prayer whispered, every good deed, every inner battle fought quietly and alone – all of it matters deeply. In Hashem's eyes, your willingness to try is of infinite worth.

Every time we push ourselves to try again, every time we lift even one "starfish" from the shore of despair – whether in another person's life or in our own – it makes a difference. We must never get overwhelmed by the enormity of the task ahead, and we must never let what we can't do stop us from doing what we can. Perfection was never the goal – sincerity was. Each small step forward, each moment of effort, each act of goodness matters. The mere fact that you're trying, even when it's difficult, is infinitely precious to Hashem.

So keep going, keep caring, keep showing up. Keep throwing your starfish into the sea. Because sometimes, the smallest act can have the greatest impact. You may not see the full reach of your efforts, but in Heaven, every step, every struggle, every spark of sincerity is seen, counted, and cherished.

INSPIRED BY THE TEACHINGS OF RABBI DOVID HOFFMAN