

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

#### Short Quotes from Various Tzaddikim - Week 138

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

לע"נ פעסל בת ישראל מנחם / לזכות חיליו

*Sometimes the harshest criticism comes from within. We set unrealistic expectations, compare our journey to others, and begin to stress over imagined deadlines. But the truth is, spiritual growth is deeply personal.*

*There is no single timeline for success; everyone's path unfolds differently – and that's not a flaw, it's the design.*

*Quiet the inner critic. Don't measure your progress with someone else's ruler. You are not behind. You are not late.*

*Compare yourself only to who you were yesterday, not to who someone else is today.*

*Trust in your journey, stay in your lane, and run your own race.*

INSPIRED BY THE TEACHINGS OF REB ZUSHA OF ANIPOLI (1718-1800)

*When you see something beautiful in someone, tell them.*

*What takes a moment for you could last a lifetime for them.*

BASED ON THE TEACHINGS OF RABBI AVIGDOR MILLER (1908-2001)

*Faith turns "Why me?" into "Watch me!"*

TYH NATION

*Sometimes a person needs to lose themselves in order to truly find themselves.*

*Always remember that the past is a place of reference, not a place of residence; it carries lessons, not limitations.*

*Don't let yesterday's shadows block tomorrow's light – your next move is far more important than your last mistake.*

*What matters most is not where you've been, but where you choose to go from here.*

*The future is waiting with open arms. Lift your eyes and keep moving forward knowing that the future is not bound by yesterday but built by the steps you take today.*

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

*Shabbos is an oasis of tranquility amid an ocean of confusion – a timeless refuge where the soul can find clarity and the heart can find peace. It is the island of stillness where the restless waves cannot reach, where the noise of the world fades into sacred silence.*

*In a world that rushes without pause, Shabbos is our sanctuary of calm, our freedom from the hurry.*

*When the week leaves us weary and unsettled, Shabbos gently gathers the fragments of our spirit, restoring clarity, hope, and harmony to a world that so often feels adrift.*

*By reminding us of the need to pause and to simply be, Shabbos whispers of a greater promise – that beyond the storms and the endless tide of uncertainty lies a horizon of everlasting peace, when the raging and tumultuous waters will finally find its eternal rest.*

BASED ON THE TEACHINGS OF RABBI MOSHE POLTER (1938-2005)