

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

#### Short Quotes from Various Tzaddikim - Week 153

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

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

*There are seasons in life when nothing seems to respond to your effort. You pray, you try, you show up, and still the surface remains unchanged. It's easy then to assume that nothing is happening, that time is passing without purpose.*

*But growth rarely announces itself while it is underway.*

*Much of what truly matters forms beneath awareness, quietly shaping itself through repetition and endurance. Roots deepen long before branches appear. Strength is cultivated in the waiting, in the willingness to remain committed without visible reassurance.*

*Patience is not resignation. It's active trust. It's the decision to believe that your efforts are being gathered, aligned, and prepared for the moment when they can finally emerge. When change does come, it often does so suddenly and unexpectedly – yet it is built from the countless unseen moments of faith and trust.*

INSPIRED BY THE TEACHINGS OF THE BAAL HATANYA, RABBI SHNEUR ZALMAN OF LIADI (1745-1812)

*Life doesn't always unfold the way we imagine it will. Along the way, we may stumble, lose momentum, or drift from the path we once felt so sure about. But a detour is not a dead end.*

*What matters most is not how far we may have wandered, but our willingness to find our way back, one small step at a time.*

*You are not the sum of your past mistakes. Each day arrives with the invitation to realign, and to begin again with clearer intention and renewed resolve. Guilt and fear may try to convince you to stay where you fell, but they have no authority over your future.*

*Progress, even when slow and uneven, is still progress.*

*The past is not a compass for your future. Missteps are meant to guide your next steps, not prevent them. Give yourself permission to chart a new course, informed by experience but not imprisoned by it. Every choice forward, no matter how small, loosens the grip of yesterday.*

*The past has its place – it shaped you, taught you, and may have even broken you a little. But healing doesn't happen by staring in the rearview mirror. Growth begins when you find the courage to pursue what you deserve. Rebuilding can happen quietly, piece by piece, one honest step at a time. Setbacks aren't the end of your story – they're the chapter where your comeback begins.*

INSPIRED BY THE TEACHING OF REB NOSON OF BRESLOV (1780-1844)

*Courage is rarely dramatic. More often, it is the quiet resolve to continue when clarity is absent and the path ahead is only partially visible. It is the choice to take the next honest step without knowing where the staircase ends, to remain present even when certainty refuses to arrive. This kind of courage does not always announce itself with definite confidence; often it whispers through persistence despite uncertainty, through the simple decision not to retreat from the unknown.*

*In moments like these, doubt is not a sign of weakness but proof that you are moving beyond what is comfortable or familiar.*

*The soul stretches most when it cannot rely on sight alone, when it chooses to believe in what it cannot see.*

*You learn to move forward by a faith and trust that is not rooted in open outcomes, but in the belief that showing up still matters.*

*Each step taken without reassurance quietly strengthens you and reshapes who you are becoming.*

*There is a hidden dignity in continuing while unfinished questions linger. The world may celebrate bold leaps, but it is the steady heart that endures and overcomes ambiguity that ultimately builds lasting strength. When you remain committed in the fog, you cultivate a resilience deeper than confidence – one that does not depend on favorable conditions to survive and thrive.*

*And later, when the path finally does clear, you may realize that the greatest victory was not reaching certainty but learning how to move and progress without it. You may then come to see that what you were searching for at the end of the road was quietly being shaped within you all along. What once felt like a search for purpose reveals that the journey itself was the purpose, formed in each step taken forward, even when the destination remained unseen.*

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

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שלמה פעסל בת גאלדא / לזכות חילינו

*There are moments when self-doubt settles in gently, almost unnoticed, shaping the way you speak to yourself and the expectations you carry. Over time, it can convince you that your value depends on productivity, approval, or success.*

*But your worth is a truth that exists prior to effort. Even when you feel unsure, even when you fall short of your own ideals, that worth and value remain untouched.*

*Learning to remember this is a lifelong practice.*

*It requires returning to yourself with compassion, especially on days when confidence feels distant.*

*When you anchor yourself in inherent worth, you begin to move through the world with steadiness rather than self-judgment.*

*When you begin to trust your own worth, something subtle but powerful shifts. You stop holding back parts of yourself out of fear of inadequacy, and instead allow your abilities, creativity, and courage to surface more fully. Growth no longer feels like a test you might fail, but an expression of who you already are. Challenges no longer feel like verdicts on your value, but opportunities to grow, learn, and refine who you are becoming. This inner assurance creates the space to stretch beyond familiar limits, and to remain engaged even when the outcome is uncertain.*

*Self-belief and self-worth are not abstract ideals, but the inner foundation that makes growth and expansion possible.*

*When you see yourself as worthy before the outcome, you give yourself permission to try, to persist, and to become your truest self – regardless of how long it may take.*

*At its core, reaching your fullest potential isn't always about striving harder, but about valuing and trusting yourself more deeply.*

*Self-belief gives you the courage to act, and self-worth gives you the stability to continue even when progress is slow.*

*Together, they form the quiet strength that allows you to grow into everything you are capable of becoming.*

INSPIRED BY THE TEACHINGS OF THE BAAL HATANYA, RABBI SHNEUR ZALMAN OF LIADI (1745-1812)

*Every person is a work in progress. Let's not criticize the rough draft.*

BASED ON THE TEACHINGS OF RABBI AVRAHAM TWERSKI (1930-2021)