

The Narrow Bridge

גשר צר מאד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 157

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

רפואה שלמה פועל בת גאלדא / לדבות חילינו

Make it a habit to speak to Hashem – not only when life feels heavy, but also in the quiet moments when everything seems fine.

Talk to Him throughout your day, the way you'd stay in touch with someone you love.

Share the big fears and the small details, the serious questions and even the thoughts that feel silly or unfinished.

Prayer isn't reserved for emergencies; it's meant for gratitude, reflection, and connection in the ordinary moments too.

Don't worry if the words don't come out right – Hashem understands the heart behind them. You don't need the right words to pray – even when the words feel tangled or incomplete, your prayer is still heard. Remember, Hashem listens with understanding and compassion, not grammatical scrutiny. Prayer isn't an exam in eloquence or precision – it's a relationship.

A sentence that comes out broken but honest can be more powerful than a flawless one spoken on autopilot.

What matters isn't how polished your words are, but that your heart is open and present.

Speak to Hashem about your worries and concerns, but don't stop there.

Talk about your hopes, your dreams, the future you're trying to grow into.

Ask for strength when you feel weak, wisdom when you feel unsure, clarity when things get foggy, and comfort when you're tired. Keeping that line of communication open grounds you, centers your thoughts, and gently reminds you that you're never alone.

Over time, this steady conversation changes how you carry yourself through the day. With consistent prayer, something shifts inside you before anything shifts around you. You begin to move with a little more trust, a little more calm. You may not always get immediate clarity, but even when answers aren't obvious, there's a quiet sense of being held, guided, and seen.

Prayer becomes less about outcomes and more about closeness.

So keep showing up, and keep praying. Hashem is always near, always available, and always ready to listen.

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

To make a stone shine, it needs to go through an arduous process. It's pressed, rubbed, and worn down through repeated contact, often against rough surfaces. What looks like abrasion is actually formation. The stone doesn't become smooth despite the friction, but because of it. The shine emerges only after enduring the process that initially feels rough and harsh.

Like that stone, growth often begins with resistance. Pressure, repetition, and discomfort are not signs of brokenness but of refinement. The challenges we face are not meant to stop us; they're meant to shape us.

What feels like constant friction is creating clarity, strength, and depth beneath the surface.

Our truest beauty and shine come not from the absence of struggle, but from moving through the struggle.

Transformation rarely happens in a single moment. Like the polishing of the stone, it unfolds through consistency: the same motions, the same effort, applied again and again. Progress can feel slow because refinement is subtle.

You don't necessarily notice the shine forming while you're still in the middle of the grind, yet each pass and each stroke matters. Nothing is wasted, even when it feels repetitive or uncomfortable.

It's easy to mistake friction for failure. But resistance is often confirmation that something meaningful is taking form. Hashem invests the time and effort to shape us, because He sees our potential even when we can't see it ourselves.

The pressure you feel is not a sign you're breaking – it's a sign you're being strengthened.

Trust the process even when the results aren't visible yet. What's being formed takes time, patience, and persistence.

One day, you'll look back and realize that what once felt abrasive was actually purposeful –

revealing a version of you that could only exist because you endured the process of being shaped and shined.

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



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To love another means to be their mirror when they've forgotten their own beauty.

INSPIRED BY THE TEACHINGS OF THE MAOR VASHEMESH, RABBI KLONIMUS KALMAN EPSTEIN (1753-1823)

Your journey is yours alone. Never measure your pace against someone else's steps – no two paths were meant to look the same.

Hashem entrusts each soul with a specific piece of the sacred puzzle, a task that only they can fulfill.

Every person carries a unique spark, a quality, a strength, a goodness that only they possess.

You were given a fingerprint nobody else has so that you can leave an imprint nobody else can.

From the beginning of time until the end of time, there never has been and there never will be someone quite like you.

Your circumstances, your personality, your abilities, your challenges are all custom tailored by divine design.

True unity doesn't come from sameness. Shalom – peace – is not the erasure or dissolution of individuality, but its balanced blend.

Like a symphony, peace is created when distinct notes, each with its own sound and purpose, merge toward a shared goal of creating a harmonious melody. Unity is not uniformity, and equality is not conformity. It is the recognition and celebration of difference. When individuality is cherished rather than suppressed, and when that individuality is used to contribute to the whole, something far more beautiful emerges – a seamless harmony that could not otherwise exist.

You were placed in this world to make a difference. Your life carries weight, purpose, and eternal value.

When you honor your uniqueness, you honor the mission you were sent here to complete.

Focus on your path, embrace what makes you different, and remind yourself often that your presence here matters.

You are quite literally one of a kind, and the world needs exactly what only you can offer.

INSPIRED BY THE TEACHINGS OF RABBI DOVBER PINSON

Courage doesn't always roar. Sometimes it's the quiet voice at the end of the day saying, "I will try again tomorrow."

INSPIRED BY THE TEACHINGS OF RABBI YITZCHAK HUTNER (1906-1980)