

The Narrow Bridge

גשר צר מאד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 155

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

רפואה שלמה פועל בת גאלדא / לזכות חילנו

We often imagine that to be worthy in Hashem's eyes, we must be flawless – our prayers perfectly focused, our deeds free of blemish, our character without fault. And when we fall short, as every human being does, shame seeps in. We wonder: how can my broken words, my inconsistent efforts, or my imperfect heart possibly bring pleasure before the Infinite? Yet it is precisely there, in the struggle of imperfection, that the deepest beauty lies.

Hashem does not look for angels in us – He already has countless angels who never falter. What He desires is the song of a soul that stumbles, rises, and chooses Him again and again. Our flaws are not barriers to His love; they are the backdrop that makes our efforts precious. Every act of goodness we do is infused with the weight of our resistance, our doubts, our distractions, and our human frailty. And that is why every attempt matters so much more.

When a child brings a scribbled drawing to a parent, the parent doesn't see the crooked lines as a failure – they see them as proof of love, of effort, of a heart reaching out. And the same applies to us. Hashem delights not in our perfection, but in our trying. The very fact that we serve Him while burdened with weaknesses makes our service infinitely dear to Him. The cracks in our vessels don't disqualify us; they allow the light of sincerity to shine through.

So instead of hiding from our flaws, we can embrace them as the stage upon which our greatest victories are played out. Every imperfect mitzvah, every wavering prayer, every step we take despite the weight of our shortcomings is cherished Above. Hashem treasures us not because we are flawless, but because, in all our imperfection, we choose Him.

INSPIRED BY THE TEACHINGS OF THE BAAL SHEM TOV, REB YISRAEL BEN ELIEZER (1698-1760)

Sometimes our most meaningful progress doesn't announce itself. It happens in small decisions made repeatedly, often without recognition and without immediate results. Over time, that kind of steady effort can begin to feel invisible, even to the person doing it. There's a particular fatigue that comes from trying day after day without knowing if it's helping or whether it's making a difference at all. In these moments, it's important to remember that not all meaningful impact is visible, and not all growth feels dramatic – most often progress works offstage.

While waiting to see improvement – whether in ourselves or in our circumstances – time can feel heavy, as though it is pressing against us rather than carrying us forward. What makes waiting difficult is not necessarily the lack of action, but the absence of reassurance. We continue to invest effort, intention, prayer, or hope, without any visible sign that it's being received.

But know that every step taken – no matter how small or seemingly insignificant – leaves an imprint and makes an impression.

We may not see how today's efforts connect with tomorrow's success, but that does not mean it's without purpose, and it certainly does not make it meaningless. Sometimes a door needs to be unlocked from the inside before it can open to the outside. Even when progress feels invisible, each step forward adds depth to our journey.

Growth isn't instant, but every day we show up and continue to push forward we become stronger than we were yesterday.

We may not see just yet how the pieces connect, and that's perfectly fine – spiritual growth was designed that way.

What matters is our willingness to learn, to try, and to keep going. Steady effort always finds its purpose.

The waiting is not a pause in the journey; it is one of the most crucial parts of our journey. Purpose is not always tied to clarity or certainty. What feels like stillness on the surface may be a period of quiet reshaping or inner alignment, where patience, humility, and trust are being strengthened without announcement. Faith and hope during these seasons are quiet and disciplined – even without immediate results, it trusts that what is forming beneath the surface requires patience to reach its proper strength.

There is a particular courage required to remain present in uncertainty, to continue showing up without guarantees, and to choose steadiness over despair. You discover this strength during moments when giving up would be understandable, yet you choose to continue.

In time, the waiting reveals itself not as wasted space, but as preparation. A photograph needs to develop in the dark before its image can appear. What you do consistently, with sincerity, shapes your life in lasting ways, even when your efforts go unnoticed. Becoming is not an event – it is a process that unfolds through years of living, reflecting, and adapting. Be patient. Keep showing up even when change remains unseen. The weight of the wait is often a sign of the value of what's coming. Some things take longer because they aren't just meant to arrive – they're meant to stay.

INSPIRED BY THE TEACHINGS OF RABBI EFREM GOLDBERG



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שלמה פועל בת גאלדא / לזכות חילינו

Perseverance often demands faith before it offers clarity. A positive mindset isn't about ignoring reality – it's about seeing reality from a new perspective. It doesn't mean denying pain – it's about trying to find purpose in the pain. It means that even on the hard days, you trust that better ones are on the way. Sometimes the light you need isn't loud; it's a quiet shift in mindset, a moment of clarity, a decision to think differently.

What you become in life is shaped not only by what happens to you, but by how you interpret what happens to you. Your mind is the control center of your life – and with it, you can reframe challenges, redirect your future, and transform the hardest moments into the very experiences that build you. This isn't about intelligence; it's about intentional thinking – choosing to see through a lens that uplifts rather than diminishes.

A shift of perspective can reveal hidden lessons, unexpected beauty, and strength you didn't know you had.

When your thoughts align with purpose, truth, and hope, even difficult situations take on new meaning.

G-d has already placed goodness and potential in your life; a renewed mind allows you to notice it, appreciate it, and maximize it.

Your mind is a magnet, and perspective is power. When you focus on blessings, you attract more of them.

Guard your thoughts. Train your focus. Build from within. A strong mind creates a life shaped by clarity, discipline, and divine design.

Our brain is a powerful machine – it runs on whatever we feed it. When we supply it with negativity, it will function in survival mode.

But when we provide it with growth, gratitude, and fresh ideas, it begins to rewire itself for clarity, confidence, and creativity.

Change the input and you change the output. New information brings new perspectives, which spark new actions, and those actions shape a new reality.

Your brain isn't fixed; it's trainable – but that requires awareness and intentionality.

What you allow in determines what you put out. Negativity in, negativity out. Greatness in, greatness out.

Every time you reframe a difficult moment, you strengthen the ability to turn obstacles into clarity, pain into purpose, and uncertainty into possibility. Your mindset will shape your future – so let it be one that searches for the good, expects the good, and ultimately discovers the good, even in the places you least expected it.

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

A growth mindset – the belief that your abilities, intelligence, and talents can be developed through effort, learning, and persistence – is the key to unlocking your fullest potential. When you adopt this perspective, challenges stop being threats and start becoming opportunities. Mistakes stop being failures and start becoming feedback. Each experience becomes part of your refinement rather than evidence of limitation.

Low self-esteem will lie to you. It whispers that your abilities are limited, when in reality, you're sitting on gold you haven't mine'd yet.

What lies within you is never absent; it's simply undiscovered. You are not broken or lacking – you are unfinished.

What feels like emptiness is often just hidden depth waiting to be explored.

Never underestimate the impact of self-belief. When you expect to succeed, you're more likely to rise to that expectation.

Surround yourself with people and environments that lift you, support you, and help you recognize your own strengths – especially on the days when you struggle to see them yourself. Growth rarely happens in isolation; it thrives in spaces that encourage it.

What you're capable of is nothing short of greatness. Never settle for where you are.

Keep stretching. Keep reaching. Keep believing in yourself. Honor how far you've come, and stay committed to how far you can go.

Be patient with the process – your story is still unfolding, and the best chapters are yet to come.

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

If you could see yourself the way Hashem sees you, you would never doubt yourself again.

BASED ON THE TEACHINGS OF REBBE NACHMAN (1772-1810)