

# The Narrow Bridge

## גשר צר מאוד

### INSPIRATIONAL QUOTES

#### Short Quotes from Various Tzaddikim - Week 156

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

רפואה שלמה פעסל בת גאלדא / לזכות חילינו

Be kinder than necessary. Everyone is healing from something, and behind every smile may rest an untold struggle. A gentle word or kind gesture can be the lifeline someone has been waiting for. Compassion may not solve every battle, but it reminds the fighter they're not alone.

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

Perfection is an illusion that keeps you chasing a moving target. You don't have to be flawless to be worthy.  
Real growth happens in the messy, imperfect moments where you show up anyway.

Mistakes are not failures – they are moments of learning disguised as setbacks, each one carrying insight that only experience can teach.  
They are part of the process of becoming who you're meant to be, and often become the very thing that strengthens you most.

Let go of the pressure to be perfect and embrace the freedom of being real. Remember that progression matters more than perfection, and consistency with compassion is how growth becomes sustainable instead of exhausting. Be kind to yourself and celebrate small wins.  
Keep stepping, stumbling, learning and repeating. Keep getting up, keep showing up, and no matter what, don't ever give up.

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

When eager for change – whether it's in yourself or in your circumstances – waiting can feel like standing still. There are seasons when nothing appears to move – days pass, effort is made, and yet nothing seems to visibly shift. That pause can be uncomfortable, even discouraging, but it doesn't mean nothing is happening. Stillness is not stagnation. It is often preparation – quiet, deliberate, and necessary.

Patience is the willingness to remain present while change is already unfolding beneath the surface. It's the understanding that the waiting time is not wasted time. Much of what matters most grows invisibly at first, shaping itself where the eye cannot yet follow.

Change rarely arrives all at once. It unfolds in layers, requiring time for foundations to strengthen before anything visible can emerge. Often, the waiting is not a pause in the journey, but a quiet reshaping of the person who will take the next step – habits are forming, perspectives are adjusting, resilience is building. What feels like delay is often preparation – growth that wouldn't hold if it came too quickly.

The same is true of circumstances beyond our control. Pieces move, alignments form, and timing matures long before the outcome appears. We may not see how today connects to tomorrow, but each moment of patience is part of a larger process that's still in motion.

Quiet does not mean abandoned. G-d is as present in concealment as in revelation.  
If we can learn to trust the unseen work, we will discover that the stillness is part of the movement, and that time is not our enemy but the ally that ensures we're prepared and ready for change when it does appear.

INSPIRED BY THE TEACHINGS OF THE MAHARAL OF PRAGUE, RABBI YEHUDAH LOEW (1512-1609)

To truly love someone, you don't need to understand them fully or agree with them fully – you just need to be there for them fully.

BASED ON THE TEACHINGS OF THE LELOVER REBBE, RABBI DOVID BIDERMAN (1746-1814)

Start small. Stay consistent. Be relentless.

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