

The Narrow Bridge

גשר צר מאוד

INSPIRATIONAL QUOTES

Short Quotes from Various Tzaddikim - Week 161

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

לע"נ פעסל בת ישראל מנחם / לזכות חילינו

If you feel stuck right now – confined by circumstance, swallowed by worry, surrounded by uncertainty – you are not alone, and you are not forgotten. The walls may feel too high, the path too narrow, the future too unclear. But just because you cannot imagine a way out doesn't mean there isn't one. Don't confuse a season with a lifetime sentence – your story is still being written.

Hashem took us out of Egypt, split the sea, and led a nation from slavery into freedom. He lifted Yosef from the darkness of a pit and turned betrayal into royalty. He closed the mouths of lions for Daniel and transformed Yonah's descent into the depths into a journey back to purpose. What felt final was never final. What looked like the end was only a hidden beginning.

In each story, the moment before redemption must have felt suffocating. The chains were too tight, the sea too wide, the den too terrifying, the darkness too deep. Yet the very place that seemed to trap them became the stage for revelation. The pit became a pathway. The den became a testimony. The depths became a doorway. The place of descent became the birthplace of ascent.

No matter where you find yourself, no matter how dark it may seem, Hashem is right there beside you – the same Hand that lifted them is holding you.

This chapter is not your ending – it is the quiet unfolding of a redemption you will one day look back on and understand. Hashem has taken His people out of impossible places before – just as He carried them, He will carry you.

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

Everybody is going through something. No matter how confident someone may seem, beneath the surface they are simply trying to navigate life the best way they know how. Nobody has it all figured out – we are all learning in real time. We all carry private questions, quiet fears, unfinished goals, and moments of doubt.

Success is not the absence of hardship – it's the decision to keep going despite it. Every accomplished person you look up to has walked through countless struggles.

Behind every achievement were failures no one applauded, sleepless nights no one celebrated, and relentless doubts they had to push through.

Never convince yourself that you're behind while everyone else is ahead, or that you're the only one struggling while everyone else is succeeding. Comparison hides the full story. The person you admire has battled insecurities. The person you respect has faced setbacks. The person you think "has it together" has cried over things we may never know about.

You are not alone in your uncertainty – it is part of the process.

Progress isn't a race – it's a personal journey. There is no universal timeline for spiritual growth – you are on your own unique path, and it doesn't need to resemble anyone else's. Growth rarely looks glamorous while it's happening. Trust that there is more unfolding for you than you can currently see. Your story is not done – and some of the most meaningful chapters are still being written.

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

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Always be a source of encouragement. One kind word can silence a thousand inner critics.

INSPIRED BY THE TEACHINGS OF RABBI SHLOMO WOLBE (1914-2005)

You won't always feel strong, but that doesn't mean you aren't.

Courage isn't always loud; it's often the quiet decision to try again when everything inside you is ready to give up.

There are days when simply getting out of bed, showing up, or taking one small step forward is an act of faith.

On those days, honor yourself and your efforts. Progress doesn't have to roar to matter – it's found in the moments you keep going despite the weight you're carrying.

Quite often, a person's greatness is not measured by the heights they reach, but by the depth they overcome. Resilience isn't built in comfort; it's forged in the steady choice to continue when stopping would feel easier. Each obstacle you push through, each time you rise after falling, you are quietly building fortitude from within. Just as diamonds are formed under pressure, the very struggle you wish away is shaping unbreakable strength.

And know this: sometimes the quiet effort to keep going when it feels difficult and unseen is more precious to Hashem than soaring in the clouds when it comes effortlessly. That quiet persistence shines brighter than achievements that come easily, because it carries the light of relentless effort, sacrifice, and a heart that refuses to give up. The whispered "I will try again" may ascend higher than the loudest triumph, because it's being carried on the wings of sincerity and unwavering hope.

One day, you'll look back and realize that the days you thought were breaking you were actually building you.

One day, you'll look back and thank yourself for never giving up.

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

If you only knew how Hashem looks at you, you would never stop smiling.

RABBI YAAKOV GALINSKY (1921-2014)