

Be happy! even on a sad day!

Posted by yackov - 03 Aug 2025 05:14

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Tonight is Tisha b'av. Historically a super sad day, the beis hamildash twice was destroyed, people torched etc. we those struggling with porn, masterbation, etc. in our personal life's must not get caught in negative thoughts. Despite all of our pain hashem loves us and the fact we are here shows we will prevail. There should be absolutely no depression thoughts for anyone. This just will lead us in a negative rabbit hole. We will, whatever matziv you are in get through it. The same day the temple was destroyed the redeemer (potential) was born!! We should all dance in Jerusalem with the third beis hamikdash tonight!!

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