

eitzos for emunah and bitachon

Posted by higher - 24 Oct 2019 17:33

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i would be interested to hear anyone's personal tried and proven eitzos for strengthening their connection with Hashem. The times that ive felt close to Hashem i felt that i didnt want anything else. i think it can help in this struggle.

thanks in advance.

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Re: eitzos for emunah and bitachon

Posted by bego - 05 Dec 2019 11:48

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[higher wrote on 01 Nov 2019 17:02:](#)

[bego wrote on 25 Oct 2019 10:36:](#)

I would suggest going back to the rishonim and seeing what they have to say.

I would also suggest that feelings can be notoriously fickle. Feeling close to hashem might be as fake as a joint...

i would like to comment on this, even though it was posted a while back.

it is def. a good idea, and perhaps even a must, to be solidly based in terms of sources on the rishonim and Imaalah bakodesh, chazal.

that being said the actual mussar and hisorerus should come from a place that the person finds both relevant and that speaks his language to be nispael from.

there is much more to say on this topic and i will bl'n elaborate upon request.

Thanks for bringing this back up.

I had an ulterior motive for mentioning this - the majority of Rishonim that i have learnt are of the opinion that only taddikim have full blown 24/7 hashgocho protis. The rest of us might have differing levels and Hashem might intercede on occasions. I wouldn't normally bring a mussar sefer to prove this, but I will here as I know that nowadays people need to see things from a "Rabbi" to believe it - see rav Dessler in cheilek Beis on RH where he quotes the seforno. Then look up the seforno inside for good measure. I know chassidus disagrees. That's cool. But it has taken over!

To me, a pat on the back (as mentioned in a separate post) is nice, but it isn't Hashem. That doesn't mean i don't recognise that there are some weird things I can't explain, but then again, goyim have that too.

Please don't swamp me with mussar seforim that argue with this, I am aware of them. And PLEASE don't quote me heintegge English books that are for the masses to make them feel good.

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Re: eitzos for emunah and bitachon  
Posted by bego - 05 Dec 2019 11:49

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[sleepy wrote on 25 Oct 2019 14:30:](#)

[bego wrote on 25 Oct 2019 10:36:](#)

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cant agree , i never smoked one

Then you also can't disagree (which you didn't).

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 05 Dec 2019 17:15

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[bego wrote on 05 Dec 2019 11:48:](#)

[higher wrote on 01 Nov 2019 17:02:](#)

[bego wrote on 25 Oct 2019 10:36:](#)

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i dont know if i agree to what you said since i lack clarity on what you are trying to say ,looking foward to a expanded version like" bego for dummies(sleepy) "Hatzlacha!

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Re: eitzos for emunah and bitachon  
Posted by DavidT - 05 Dec 2019 17:26

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We love to see the Yad Hashem in our lives helping us in our time of need. It is so important to internalize that Hashem can always help us. He might choose not to sometimes, because that's for our best. But either way, He is the One in total control. Feeling this way will help us in our decision making process.

It will help us act with dignity, and it will help us to never second guess ourselves. When in a dilemma, the baal emunah chooses what he feels would be the will of Hashem, and he is confident that the best outcome will come about. The hope that he has because Hashem is available to help him will keep him upbeat and positive.

No matter what the results will be, he's always happy that he acted in accordance with the will of Hashem.

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Re: eitzos for emunah and bitachon

Posted by sleepy - 05 Dec 2019 17:40

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[DavidT wrote on 05 Dec 2019 17:26:](#)

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what an upbeat and positive post DavidT!thanks for the chizuk, may Hashem give you a great day!

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Re: eitzos for emunah and bitachon  
Posted by Tzvi5 - 06 Dec 2019 02:02

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[bego wrote on 05 Dec 2019 11:48:](#)

[higher wrote on 01 Nov 2019 17:02:](#)

[bego wrote on 25 Oct 2019 10:36:](#)

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The medrash tehillim quotes a pasuk leolam hashem divarcha neetzov bashamayim that the maamar yehi rakia is in the heavens giving it existence every moment the Baal ahem tov explains that the world is constantly being created by hashem anew and if hashem's word didn't essay yehi... the world would cease to exist. The Alter rabbi explains in Tanya shaar hayichud vехаemuna that every individual creation hashem is recreating through "speech" every moment. I think this is the definition of hashgacha pratis

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Re: eitzos for emunah and bitachon  
Posted by bego - 06 Dec 2019 10:16

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[Tzvi5 wrote on 06 Dec 2019 02:02:](#)

[bego wrote on 05 Dec 2019 11:48:](#)

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Thanks - the Nefesh hachaim says something very similar. i was davka avoiding this.

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Re: eitzos for emunah and bitachon  
Posted by lampowerless - 08 Dec 2019 05:04

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HHi chevrah,

for me the one thing that has greatly improved my emuna and bitachon is working the 12 steps in a live group. "Learning to let go and trust hashem" and bringing hashem constantly into my life because "i can't but he could" has made me feel very connected with the ribono shel olam.



As my Rabbi a very well known rosh yeshiva told me when i discussed going to live 12 step meetings with him. "Yaakov the 12 steps are really just mega doses of emunah and bitachon" and when done in a meeting with other people who "have let go" and have seen that hashem manages their life way better than they did it's the perfect way for this message to properly stick.....

Guys unfortunately I see that within the GYE community there are a lot of people that have a lot of negative association as well as some interesting psakim from rabbanim who it seems don't really understand what the 12 steps are about. It's time we as a community accept the beauty and power of the 12 steps all it really is, is a chaburah of people injecting themselves with mega doses of emunah and bitachon.

Love Yankel

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Re: eitzos for emunah and bitachon  
Posted by DavidT - 08 Dec 2019 15:39

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Rachel Imenu was not capable of having a child. But because she was willing to give up her potential husband Yaakov to her sister Leah, to save her from embarrassment, Hashem changed nature and gave her a womb to have a child. But even then, after Rachel did that special deed, she still needed tefillah to complete the salvation. As the pasuk says, "????? ???? ??????."

When Leah was expecting her seventh child, she felt bad for her sister Rachel. If that child was to be a boy, it would mean Rachel would have less of the shevatim than the maidservants. So Leah prayed that the child should be a girl. And the Gemara says her prayers changed nature, because that child was supposed to be a boy, and Hashem switched it.

We never lose hope in any situation we're in, because we always have a way to be helped.

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Re: eitzos for emunah and bitachon

Posted by DavidT - 09 Dec 2019 17:23

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Chazal guarantee us, "??? ????? ??????? - Whoever wants to purify himself will be given help from Hashem."

Anyone who has a desire to become closer to Hashem and takes steps to do it, will be given the same help. Hashem has infinite ways of helping people, no matter how distant they are from religion and no matter how distant they are from a religious environment.

Whoever wants to come closer to Hashem just needs a desire and then an effort. Then Hashem will come and help him the rest of the way.

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Re: eitzos for emunah and bitachon

Posted by DavidT - 10 Dec 2019 17:50

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There are people who are experiencing hardships in many different areas. And despite their heartfelt tefillot, they aren't seeing improvement in any of them. They cry and pour out their hearts to Hashem, but they don't see any response. They see others around them living normal lives and wonder why theirs is so hard. After having so much heartache and pain, some even begin to question Hashem's mercy.

Deep down they have an inclination to second guess what they have learned about Hashem.

They are thinking to themselves, how could you tell me Hashem is my loving father when he is putting me through all this pain? I love my children. I would never do this to them. I'm begging Him for just a little help and nothing is changing. Why is He doing this to me?

From the surface level those claims sound valid. But in truth, Hashem is more loving and merciful than anybody is capable of fathoming. One of the praises we give Hashem in the amidah is that He is a ?????-mighty. And Chazal teach us that a gibor is one who is able to refrain from giving into a desire. How does that apply to Hashem? The Chatam Sofer explains: Hashem's greatest desire is to give us good in a way that we can see the good openly, so we can truly feel His mercy and love. Sometimes Hashem has to hold back, kavyachol, from giving into our requests, from giving us that revealed good. Because, in essence, what we are asking

for is not good for us.

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Re: eitzos for emunah and bitachon  
Posted by DavidT - 11 Dec 2019 17:21

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Forgiving people by overcoming our natural instincts, recognizing that it came from Hashem, is very powerful. If we could learn to be more sensitive to others, and if we are ever insulted, to forgive, we can rise to great heights, and we will make Hashem very proud.

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Re: eitzos for emunah and bitachon  
Posted by DavidT - 12 Dec 2019 15:32

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## **PRAYER OF POWERLESSNESS**

Creator of the universe, we know,

That here we are in your hands alone

Like as clay in the potter's hand,

And if we would try to use all tips and tricks

And all human resources of this world would stand up

To save us and assist our souls

But without Your glorious mighty splendor and Your assistance

So there is no help and no salvation  
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Re: eitzos for emunah and bitachon  
Posted by DavidT - 13 Dec 2019 15:27

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Here is some chizuk.

Hashem showed us this week that he is watching us and doing miracles. A Jewish school in Jersey City full of kids was targeted this week by 2 thugs with enough ammunition to kill them all CV.

They confused the address of the school and went into the next door store where they were trapped by a cop that was "coincidentally (really??)" walking by... There are many more details of people that were saved by open miracles there which can be verified by videos. (I saw a video of a Jewish boy that was almost going to enter the store when the 2 thugs came charging to the store and the boy runs away... )

Of course the lives that were takes away is a tragedy for all of us, but we need to wake up and see how Hashem loves us and keeps on reminding us that we are still in Galus and need to wake up, become closer to him and very soon he will redeem us all, AMEIN!

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Re: eitzos for emunah and bitachon  
Posted by DavidT - 13 Dec 2019 16:07

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The Ramchal writes , “When one trusts in Hashem, his bitachon will lift him out of Gehinom...

Malachim will take him out of Gehinom. Bitachon purifies like a mikvah, because bitachon elevates the person to a high level where there are no sins and blemishes...”

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