

eitzos for emunah and bitachon

Posted by higher - 24 Oct 2019 17:33

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 DavidT - 10 Feb 2020 17:26

The pasuk says in Tehillim, "??? ????? ?? ?' – we should place our hope in Hashem." Some people are afraid to get their hopes up because they don't want to be let down. To those people, David HaMelech says, "Get your hopes up – put them in Hashem." The rewards for recognizing Hashem's abilities and believing that He can help are unfathomable.

Having hope in Hashem is a mitzvah and when it comes to mitzvot, no matter how difficult they might be, we do them to the best of our ability. Some might say, "Why should we hope to Hashem? We're not worthy of being helped." The pasuk continues, "?? ?? ?' ????? – Hashem has so much kindness." He helps us not because we deserve it, but because He is kind and loves us so much.

But even then, people might think, "Why should we get our hopes up? There is no way for us to be helped anyway. We have explored every possible option, and there is nothing left to do." To that, David HaMelech says, "????? ??? ????? – Hashem has an abundance of salvation". He helps us in ways we would have never imagined. He doesn't need our help figuring out how to solve a problem. There is always a way to be helped because Hashem could do anything.

Hashem could help us with the big problems as well as the littlest issues. ??? ?????? ?? ?'. Our job is to hope to Him all of the time, because He is filled with kindness and knows how to help.

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Re: eitzos for emunah and bitachon

Posted by higher - 17 Feb 2020 03:39

I have not been on for a while aside from lurking, (which im doing now), but its gratifying that this thread generated much interest. im feeling down now, and its nice to see the different contributions regarding bitachon.

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Re: eitzos for emunah and bitachon
Posted by Realestatemogul - 17 Feb 2020 06:23

Higher, you have a huge zchus from everyone who comes on your thread and posts and get's chizzuk!

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Re: eitzos for emunah and bitachon
Posted by DavidT - 18 Feb 2020 03:00

When a person comes down into this world, Hashem takes his *neshama* from under the *Kiseh HaKavod* and brings it all the way down here. Why? Because where the *neshama* was before, there was no way for it to grow. As well, in *Olam Haba*, there is no way for the *neshama* to grow. A person is given a small pocket of time, in all of eternity, to utilize to overcome *nisyonot* and achieve greatness. The opportunity is in this world, and Hashem gives each and every person their own set of tests, based on their background, their knowledge and their capabilities. The goal is to pass every test and thereby fulfill our full potential.

This world is the world of tests. Hashem makes each one of them tailor made for each person based on where he is holding in his life. If we are able to overcome them and stay loyal to Hashem, we'll utilize our opportunity in this world, we'll fulfill our potential and we'll enjoy for all of eternity.

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Re: eitzos for emunah and bitachon
Posted by DavidT - 20 Feb 2020 03:27

Hashem wants us to know that each person is unique and nobody else in the world could do his job. When a person makes a beracha, he is making a tikkun in creation which no one else in history could have done besides him. When a person keeps strong in kedusha, says a perek of Tehillim, does an act of gemilut chasadim, each of those pe'ulot is creating spiritual worlds. We can't imagine how valuable even one day of life is. Even people sick in the hospital and unable to move are accomplishing so much enduring their yissurin. They are making tikkunim that nobody else can make. Some people get down on themselves because they feel that they have no purpose. If they would only know how much purpose they have, how much all of history is counting on them to fulfill their mission. **If someone understands he has a purpose, he can get through any situation in life**

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Re: eitzos for emunah and bitachon
Posted by DavidT - 24 Feb 2020 17:40

The pasuk says in Tehillim, "???? ??? ???????– widen your mouth and I will fill it." How does a person widen his mouth? The sefer Ki Ata Imadi brings an explanation from the sefer MiHashem Yatzah Hadavar, when a person smiles and is happy, that is how he widens his mouth. Kavayachol, Hashem is telling us in this pasuk, I want to see you smiling. I don't want you walking around in My world sad all the time. Hashem is ready to reward us by fulfilling our requests if we can overcome our nature and be happy in all circumstances.

Chazal tell us in Masechet Berachot, "???? ?????? ?? ????? ?????? ?? ?????? – we should constantly be thanking Hashem for everything that happened in the past and then, right afterward, pray to Hashem regarding the future." The question has been asked, if we immediately ask for help after we thank, doesn't that diminish the thank you? As if to say, we are only thanking so that we can ask for more. One explanation is, asking Hashem for help actually makes the thank you even better because it shows that we realize we can't even go another minute without Hashem's help.

The Seder Hayom gives a different explanation. He writes, when a person appreciates what Hashem does for him and thanks Him for it, it becomes an Et Ratzon, it is an opportune time to make requests from Hashem, and therefore, of course, we're not thanking Hashem in order to make requests of Him, but once we thank Him, we can't let the golden opportunity go by without asking. If by thanking Hashem for revealed good, it becomes an opportune time, how much more so when we thank Hashem when we don't see the good. That is when Hashem says, Please smile, widen your mouth and be happy so I could fulfill your requests.

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Re: eitzos for emunah and bitachon
Posted by DavidT - 03 Mar 2020 17:50

The sefarim hakedoshim tell us that Purim is a time that is auspicious for yeshuot. Before we read the megila we are going to make a beracha declaring that Hashem made miracles ?????? ???– in those days – ?????? ??? – and He makes miracles nowadays. People who have been going through difficulties should strengthen themselves and pour out their hearts to Hashem during these days.

Hashem could take the most hopeless situation and, in an instant, turn it around- ?????? ???
May everyone receive the yeshuot they are hoping for during these glorious days.

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Re: eitzos for emunah and bitachon
Posted by DavidT - 12 Mar 2020 16:10

Many times in life we are faced with nisayonot. We know the right thing to do, but it seems too hard. Whenever we are in a struggle with our evil inclination, we should think, it's worth it to overcome this right now because the rewards for it are endless. The harder the test is the greater the reward will be.

The greater the test is, the greater the reward is. Whenever we find ourselves struggling to do what's right, we should remind ourselves about the great opportunity we are being given to overcome and reap the great rewards.

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Re: eitzos for emunah and bitachon
Posted by DavidT - 26 Mar 2020 16:09

Today is Rosh Chodesh Nissan and Chazal tell us "????? ?????? ?????? ?????? ??????" – This is the month that is auspicious for Geula. At this time there are so many people anticipating the Geula. The Gemara says in Masechet Sukkah on the pasuk, "????? ??? ?????? ??? ??," that in

order for the Mashiach to come, people have to want him to come and, now, we are all feeling that need.

The Midrash in Shir HaShirim Rabbah (chap. 2) says, “???? ????? ????? ??? ????? ?? ????? – Right before the Mashiach comes, a big plague will strike the world.” Has the world ever seen a plague that has affected so many countries? This is another sign of the Mashiach. Throughout history, there have been many opportune times when Mashiach could have come, but we didn’t take the steps that we needed to during those times and therefore he didn’t. This time also seems to be an opportune one, but it is up to us to make it happen. Everything that happens in the world is a message from Hashem to us, His People.

Now is the time to make those moves. B’ezrat Hashem, if we do, we’ll be zocheh this year to eat from the Korban Pesach in Yerushalayim Ir HaKodesh with the binyan Bet HaMikdash. Amen.

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