

Coronavirus - Have Faith, Not Fear

Posted by DavidT - 15 Mar 2020 17:29

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Have Faith, Not Fear

Yes, the concern is real. But the truth is, there is only One who decides what will happen to us, and that is the one Director of heaven and earth. Trust that He is good and think only good thoughts, and things will be good.

Spend some time pondering and verbalizing your faith in G?d. Pray. Ask Him to protect you and your loved ones. Ask Him to send healing to the entire world. Then have complete confidence that He listens to every prayer that comes from the heart, and yours will be answered as well.

"Most studies have shown that religious involvement and spirituality are associated with better health outcomes, including greater longevity, coping skills, and health-related quality of life."

As in most situations, fear doesn't do anyone much good. Even a teaspoon of faith, on the other hand, has amazing healing power.

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Re: Coronavirus - Have Faith, Not Fear

Posted by DavidT - 16 Mar 2020 16:23

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At this time now, we are experiencing another world calamity. With a tiny little virus, Hashem has brought the entire world to its knees. Our security cannot protect us. Our businesses and finances cannot protect us. With all of the advanced technology in the world of 2020, nobody could figure out how to cure it. The only physical cure is the healthy body that Hashem created. The world around us is being shut down. Will we finally come to the realization that nobody and nothing can help us other than our Avinu shebaShamayim. The virus is called Corona, in Hebrew ??? ??, which means please call out (to Me). How should we call out to Hashem? The virus is also called Covid-19 – the word Covid shows up in a Mishnah at the beginning of the fifth perek of masechet Berachot. It says there ??? ?????? ?????? ??? ?????? ?????? – a person should not get up to pray unless he has covid rosh." What is covid? Rashi says it means humility, recognizing we are nothing and we can't do anything without Hashem. We need to call out to Him with covid(humility). And what should we call out? 19 – the 19 berachot of the Amida.

Let us pray with humility and recognize we have nothing other than Hashem. Let us make the move now and subjugate our lives to follow His will. Let us become the people we know we can and should be and improve our religious observance in all areas. And then, b'ezrat Hashem, Hashem will remove all sickness from our midst and b'ezrat Hashem, He will allow us to experience the glory of Melech HaMashiach ????? ?????? Amen.

**Please find attached a ????? of ???? ??????? to be saved from an epidemic. In addition to words from Gedolim of previous generations, the words of Rav Chaim Kanievski and Rav Moshe Sternbuch on the current epidemic are also incorporated into it. PLEASE SHARE WITH OTHERS!!! Forward and/or print out for others to benefit from!**

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 17 Mar 2020 14:41

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**or those who did not get the GYE email, I'm posting the info here:**

For those of us who struggle daily with the Yetzer Hara, the current Coronavirus situation can be toxic. Being confined to home without work, feeling anxious and stressed, as well as constantly checking our computers and phones, are breeding grounds for dangerous behaviors to develop or resurface.

Keeping spiritually safe is just as important (if not *more*) than staying physically safe. In light of the situation, GYE will be sending out special emails like this approximately twice a week, to help us stay inspired in these trying times. The emails will contain inspiration, stories and practical tips to help us in our struggle (and a joke at the end to keep us smiling :-)

Having dealt with thousands of people who struggle with lust at all levels on GuardYourEyes, I would like to share with you what I have come to believe is the most powerful attitude to overcoming the Yetzer Hara at all levels of this struggle (and also perhaps the greatest *segulah* to staying healthy and safe in our tumultuous times).

**Disclaimer:** Deeply internalizing this truth can sometimes takes many years and a lot of suffering. But the more *emunah* we have in this principle **today**, the less time it will take for us to break-free, and the less suffering we will need to undergo in the process.

The idea is really very simple, and it is spelled out by our Creator in the Torah many times: Hashem basically lets *us* choose our pleasures and our suffering in this world. When we accept

upon ourselves the pain of turning away and saying “no” to the *Yetzer Hara*, we save ourselves so much unnecessary suffering and anguish in other areas in life. When we give up pleasures that we’re **not** supposed to take, Hashem gives us *far greater* pleasures in areas that are **truly important** like health, *parnassa* and *nachas*, and of-course, the World to Come. (The story in [yesterday's boost](#) is a case-in-point).

Deeply internalizing this truth is ultimately the only way we will be *willing* to put in the effort that it takes to break free, and whether we like it or not, we **must all come to accept this truth** sooner or later.

Let us pray that Hashem help us internalize this **today** so we don't have to suffer unnecessarily, and so that we can enjoy the **true** pleasures that life-- and our beautiful Torah--have to offer. We all know that empty pleasure seeking throws us into isolation, distances us from our loved ones (and Hashem), and sucks all the joy out of our lives. But with all this time on our hands, what can we do to ensure that we don't get "infected"?

**Here are a few tips to help stay sane in these trying times:**

1. Make sure to have a good filter installed. We'll make it easy for you, just fill out [this simple form](#).
2. It's easy to lose ourselves when we don't have structure. Let's make certain red-lines as far as what time we get up in the morning to daven, how much time we'd like to spend each day learning Torah (Gemara, Halacha, Tanach or whatever we enjoy), and make specific times to learn and play with our children as well. Dig up those old “To Do” lists of things you wished you could do but never found the time like organizing your papers, books, albums, etc. and do them together with your wife and kids!
3. Try to get your news from Kosher websites like [YeshivaWorld](#), [Matzav](#), [Vosizneias.com](#) and [INN](#). You can also [sign up here](#) to get all the latest news updates (images and video clips) through the "Kol Haolam" Whatsapp status. It's very unlikely that you'll miss important Coronavirus updates by sticking exclusively to kosher sites and groups. This sacrifice will boost your spiritual immune system and help you avoid the dangerous triggers in articles about celebrities, sex scandals and advertisements for various body-part enlargements. **Consider signing up to the [YESOD challenge](#) as a merit that Hashem should keep us all healthy and safe!**
4. In spite of the fact that events, theater, shopping, restaurants, weddings, Bar Mitzvas, Prayer Services (over 10) and more, ARE CANCELLED, WE NEED TO BE AWARE THAT:
  - Going outdoors: Not Cancelled!
  - Music : Not Cancelled!
  - Family : Not Cancelled!
  - Reading : Not Cancelled!
  - Friends : Not Cancelled!

- Singing : Not Cancelled!
- Laughing : Not Cancelled!

### **Great for parents with bored kids at home:**

Oorah has unlocked all of their videos including marvelous middos machine etc. to view online. No YouTube needed. [Click here](#).

In addition, on [Glatweb.com](#) you can find hundreds of kosher movies, documentaries and video clips to keep your kids busy without resorting to spiritually dangerous websites like youtube (although many of the movies are not Jewish, they are clean).

We all know that stress and anxiety are major triggers for addictive behaviors. Staying calm and relaxed are very important to our physical, mental and spiritual health.

### [Staying Calm and Happy in the Coronavirus Days](#)

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 18 Mar 2020 14:11

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There are some positive elements that can be found in looking at our predicament. It slows down the pace of our frenetic lives. That can be positive. It can give us more time with our families. Maybe that book that we never got around to reading can be read now. Maybe we always wanted to find time to learn Torah. We now have that opportunity.

This circumstance certainly gives us the opportunity to think. Our attention turns to mortality and our vulnerability. We sometimes find ourselves victims of life's fragility and tentativeness. This is one of those times. It can help us to reorient our ultimate goals in life. Contemplation is good for the soul.

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 18 Mar 2020 16:19

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How could a person feel tranquil and secure when there is a pandemic going around our midst? Hashem gave us a positive commandment from the Torah called, "???????? ???? ?????????? – we are to guard our lives to the best of our ability." In this case, that means taking the necessary

precautions to avoid catching the virus.

Once a person did his necessary hishtadlut, which is what our rabbis tell us we need to do, then he should feel totally at ease, knowing that he fulfilled his requirement towards Hashem, and the rest is out of his hands. Whatever happens after that is the best possible outcome.

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 19 Mar 2020 13:28

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The fear of the unknown has taken over the collective psyche of mankind. Until now, we have all lived with the misconception that our lives and society are so advanced that nothing could invade the comfort bubble in which we live. We thought that we would never be affected by throwbacks to the Middle Ages. We are educated and advanced enough that we can deal with all issues, we thought. Plagues cannot affect a generation armed with computers, electricity, vaccines and antibiotics. For whatever ails us, there is a pill. We are easily able to care for our needs.

Hashem has created a new invisible pathogen to teach us differently.

As believing Jews, we do not fear and do not succumb to fear. As the world convulses from an epidemic of fear, we remain calm and resolute. We follow the precautions set by medical experts and we obey the laws put in place by governments seeking to stem the spread of coronavirus, but we do not panic and do not become anxious and crazy. We maintain our balance as we *daven* that Hashem protect us.

We don't permit chaos to distract us and overwhelm our thinking. We are guided by our faith, not by our emotions.

The *Rosh* writes in *Orchos Chaim* (#100), "*Al tivahel maasecha.*" Even in times of turmoil and panic, conduct yourself with calmness and equanimity. A believing person does not lose himself and become caught up with anxiety and despair, no matter what is going on around him.

Rav Chaim Kanievsky (*Derech Sicha*) states that *emunah* and *bitachon* have the power to

overcome nature. He wrote a letter last week stating that improving in the areas of *lashon hora* and the way we deal with each other are especially meritorious in a time like this.

We are now experiencing a tremendous *nisayon*. At this time, when *shuls* are shut and we cannot *daven* with a *minyán*, when *yeshivos* are shuttered and the study of Torah is impacted, we need to do our best to fill the void that has been created. We each have to improve our *davening* and *limud haTorah* to compensate for the tremendous international vacuum.

We need to be better, do better, and create a *kiddush Hashem* in all we do during this trying period.

We pray that just as He brought this disease, He will remove it from our midst quickly and life will return to normal, leaving us chastened and reconnected to Him.

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 19 Mar 2020 17:21

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The smaller something is, the more we are able to see the Hand of Hashem in it. The Corona virus is even smaller than a fly which would make it even more *chashuv* than the flies in the marketplace of Caesarea because it reveals Hashem in an even greater way. We are witnessing before us today a ?????? – a revelation of Hashem, when the greatest powers of the world are in awe from this tiny creation of Hashem. China, which supplies the world with their inexpensive merchandise and Italy which supplies the world with expensive merchandise are both in disarray from this little creation of Hashem.

We have an opportunity now to greet the Shechina in a wondrous way, to attribute everything that is happening to Him. Some people are suffering from this virus, *lo alenu*, and we are praying very hard for their speedy recovery. Some people are suffering financially and we are praying for them as well. But those people have to know, they could use this opportunity to say, “Hashem, I know this is all from You. I’m not losing money now because of circumstances. It’s because it is Your will. And You know that it is for my best. I’m not going to get depressed. I’m not going to blame anyone. I’m not going to be grumpy around my family. I’m going to live happily in the conditions that You know I need to be in. I’m going to be a source of happiness to

my family. I'm going to use this time to get closer to You."

The value of that thought process, even one time, is unfathomable.

B'ezrat Hashem soon things will go back to normal. Let us not regret the attitude that we are having now when things are abnormal, when our emunah is being challenged. Let us pass this test, by strengthening our emunah in Hashem and let us become the great people that we are meant to become.

See attached English version "Advice from Sages on Corona Virus"

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Re: Coronavirus - Have Faith, Not Fear

Posted by DavidT - 20 Mar 2020 15:19

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The Maharal (Chidushei Agados Bava Metzia 33.) teaches that when a person is afraid of poverty, he will become poor. The Maharal explains, "By being afraid of poverty, a person is subjugating himself to poverty, and this causes the poverty to rule over him." The Maharal proves this with a comparison. A man is trying to walk on a beam. If the beam is on the ground, he will be able to walk on it. He won't fall off. But if it is over a river, he will probably fall. This is because he is afraid, and that causes him to fall.

We are living in challenging times. People are asking, "What can we do to protect ourselves?" Obviously, we should follow the guidance of the Health Department.

Additionally, it is important to overcome our fear and worry, trust in Hashem, and be happy. The

Shomer Emunim (Maamar HaBitachon VeHischazkus writes, "The Arizal said that if there is a plague in the city, it won't affect those who aren't afraid. Nothing bad can happen to those who have bitachon (faith) and push away the fear from their heart."

The Gemara(Bava Kama 60:) states, "If there's a plague in the city, stay at home."The Ben Ish Chai (Ben Yehoyada) adds, "But regarding cholera...it is better to run away. It won't help to stay home [where he will hear about the disease and he will be afraid], because this disease affects those who are afraid..."

**Today, there is nowhere to run. Therefore, we should run to the Chovas HaLevavos, Shaar HaBitachon and the like**The media earns money by sowing fear and panic. You are better off not following the news all the time, and hearing about all the problems. It is known that the people who don't follow the news are generally happier people. The Chofetz Chaim zt'l said to his son, "If I read the news, I'd carry the entire world's worries on my shoulders. Therefore, I prefer not to read the news."The Yesod HaAvodah writes, "The primary counsel is to trust in Hashem's unlimited kindness, because He protects all those who trust in Him. Say every day, 'I trust in Hashem and I trust in His kindness. I associate myself with all those who fear Hashem and truly trust in Him.'" After writing this, the Yesod HaAvodah gives counsel, according to the paths of refuah (health and wellness), how people can be protected from the plague. He concludes, "But the main counsel is emunah and bitachon. Nevertheless, one must be cautious with the refuah counsels I mentioned." We are obligated by the Torah to be cautious with our health. But the primary solution is emunah and bitachon. May Hashem help that all Yidden be well and healthy, calm and happy, and the virus should quickly be eradicated. Gut Shabbos!

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 22 Mar 2020 14:07

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[DavidT wrote on 20 Mar 2020 15:19:](#)

The Maharal (Chidushei Agados Bava Metzia 33.) teaches that when a person is afraid of poverty, he will become poor. The Maharal explains, "By being afraid of poverty, a person is subjugating himself to poverty, and this causes the poverty to rule over him." The Maharal proves this with a comparison. A man is trying to walk on a beam. If the beam is on the ground, he will be able to walk on it. He won't fall off. But if it is over a river, he will probably fall. This is because he is afraid, and that causes him to fall.

I got a nice reply to this post...



*"I'm thinking that the lesson of the maharal may also help in getting myself clean from lust that as long as i feel weak i will fall, but if i am not afraid and feel that i won't fall (i wish) then i won't fall."*

**Tracht gut vet zein gut!**

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Re: Coronavirus - Have Faith, Not Fear

Posted by DavidT - 24 Mar 2020 15:34

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Rabbi Dessler writes in Michtav M'Eliyahu (3:204), regarding the Midrash which speaks about Edom being the last galut before the Mashiach. His words are, "Through the destruction of Edom will the Mashiach sprout. Hashem will first bring the world to a situation where all of its foundations will be shaken up.

Everyone in the world will be in panic and worry. The world will finally recognize that what appeared to be man's conquering of it was in essence nothingness and didn't lead to anything. ( People will see how fragile man is and how empty physicality really is). When we finally give up on the dream of conquering this world and having all of our desires fulfilled, then the light of Mashiach will be revealed."

The opportunity is here. Now is the time for us to step up to use this time to get closer to Hashem, to take upon ourselves mitzvot that we have not done until now, to increase our Torah study, to increase our level of modesty, to increase our level of kedusha by abstaining from watching the filth that the world is trying to poison us with. These are the things that can bring the Geula now.

The only one who can save us from all of the calamities that this plague is bringing about is Hashem. Let us truly believe ??? ??? ?? ?? ?????? ??? ?????? ?????? and beg Hashem to bring the final Geula. Amen.

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 24 Mar 2020 19:41

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We all know that in times of difficulties we must increase our efforts in tefilla. Ideally, mass gatherings would be arranged, to daven together. However, due to the nature of the current crisis this is not possible.

Fortunately, the next best thing has been organized for tomorrow, Erev Rosh Chodesh Nissan. An international organized tefilla. Thousands of people around the world will be saying the same perakim of Tehillim and the same tefillos together! Beginning at 11:30 AM Eastern Standard Time / 3:30 PM London / 4:30 PM Antwerp, Vienna, Zurich / 5:30 PM Israel, etc.

**Please find attached a PDF** with the tefillos and the times that each part will begin at Eastern Standard Time.

The Rabbonim suggest that each person gives tzedoka - as a Pidyon Nefesh - prior to the tefilla, at least 18 (???) of the currency where one resides (18 shekel in Israel, 18 dollars in the US, etc).

May ????? ????? ??? accept our tefillos ?????????.

"??? ??-? ?????????? ?????? ?????????" (???? ?" ?) - ????? ?????? ?? ????? (??" ? - ?????? ?.)

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 24 Mar 2020 19:46

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COVID19 Tehillim

Names <https://www.theyeshivaworld.com/news/general/1842182/covid19-tehillim-names.html>

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Re: Coronavirus - Have Faith, Not Fear

Posted by DavidT - 26 Mar 2020 15:21

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No matter how dismal or desperate a situation seems to be, Hashem could take us out of it in an instant. Now more than ever we need yeshuat Hashem. It seems like things are only getting worse. Many people have contracted the virus, rachmana litzlan, and many are in fear of contracting it. It is important for us to remember that Hashem is not only in charge of who gets it, but He also decides exactly how it affects a person. For some, they may have it and not even realize it, others may have it and only experience mild symptoms.

The pasuk says in Tehillim that Hashem is ????? ???? ?????? and Rashi explains the pasuk to mean Hashem sends the cold in accordance with the amount of blankets a person has to keep himself warm. Which means, Hashem doesn't only control the temperature, He controls the effect that it has on every single individual differently. The same is true of heat and the same is true of a virus. Hashem could decide at any given moment to take away any negative effect that the virus is causing a person. Hashem could do it in the conventional way by allowing the world to discover a medication that helps cure it or He could do it with His words alone, like the pasuk says, "???? ???? ??????– He sends His word and heals them."

We have to realize, we are completely biyad Hashem. He already gave people hope by allowing doctors to find a medication that has been helping people. Our best option of overcoming the virus is heartfelt tefilla to the only One who has any control over it. B'ezrat Hashem, everyone should be cured bikarov.

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Re: Coronavirus - Have Faith, Not Fear

Posted by DavidT - 30 Mar 2020 16:11

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????? ?' –heal us, Hashem – ?????? – and then we know we'll be completely healed. At this time so many people are in need of a refuah shelemah. In Hashem's great love for us, He gave us a way to bring about refuot in the most wondrous ways. By praying to Him, using the power of tefila, that is the most effective way to be healed. It is the most painless way to be healed and it could accomplish what medications and doctors can't. But we need to do it the right way, we

need to pray the way our prayers are meant to be prayed.

There are stories abound of people who the doctors gave up on, but still made a complete recovery. Hashem doesn't go by statistics. Hashem doesn't need any equipment to help Him. He doesn't need any hospitals. He doesn't need any doctors. He doesn't need any medications. The pasuk says "???? ????? – all He needs to do is say the word and the person is healed. Hashem is called a ????? ????? – His healing is done with mercy. There's no pain involved, there are no treatments necessary and it is ????? – it is guaranteed to work.

May Hashem bring a complete refuah to all of those in need of one. May we all be strong and healthy to be able to do our avodat hakodesh and serve Hashem the way that He wants us to.

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Re: Coronavirus - Have Faith, Not Fear  
Posted by DavidT - 31 Mar 2020 16:16

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There is a high level of bitachon – to believe not that there is a virus and Hashem is in control of it, not to think that the virus is an entity and we're asking Hashem to please protect us from it, but rather **to believe that the virus has no existence of its own at all, it's just another piece of Hashem, whose glory fills the entire world. In other words, ??? ??? ????? – there is no other existence in this world besides Hashem.**

This is the level that Rav Chaim of Volozhin was speaking about when he said when someone believes this, he puts himself inside of a protective bubble and he can't be harmed, because he realizes there is no power other than Hashem.

A person with that type of emunah is described in the Yoshev Biseter. It says "???? ????? ??? ????? ?????? ????? ?? ?????"- even if a person is in a fierce batter and a thousand people were killed on one side of him and ten thousand on the other, the opposing army will not be able to touch him because he understands there is no opposing army, it's really only Hashem. And that's what creates his protective shield.

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