



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Vaeira 5783

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Thursday 19 Teves 5783

The Rosh Yeshiva Says:

Stay strong! In this world, we all need Chizuk in Avodas Hashem. Everyone goes through difficult hardships. Fortunate are those who have a strong Emunah. Stop for a second to think, "Hashem is here, Hashem is with me, by me, and next to me". Open your mouth and say one word to Hashem. Hashem help me, Hashem give me strength, Hashem make me happy. By speaking to Hashem this strengthens us, calms us, and there is no other way. Trust me, whoever adheres to the Rebbe's advice, will live a good life.

Today's message has been taken from a letter from the Rosh Yeshiva Wednesday Parshas Shemos Taf Shin Pey Gimel

Friday 20 Teves 5783

The Rosh Yeshiva Says:

"V'eileh Shemos Bnei Yisrael". Rashi asks, why does Hashem need to mention Reuven, Shimon, Levi, Yehuda, Yisaccar, Zevulan, since this was already recorded earlier? Rashi answers that this is to show

us how much Hashem loves us. The Torah is showing us these Pesukim again and again that Hashem loves us. Hashem loves every Jew. It doesn't matter what a Jew has fallen into, or what he has done. Hashem still loves us. Let's do Teshuva and come back to Hashem. Many people get discouraged after trying many times and it doesn't work. They try but keep on falling and falling. Don't give up, do Teshuva another time.

Today's message has been taken from Ah Git Vort Oif Parshas Shemos Taf Shin Pey Gimel

Sunday 22 Teves 5783

The Rosh Yeshiva Says:

Everyone struggles in life. The holy Rebbe said in (Lekutei Moharan 2:119) There is not a single person who does not go through challenges. The rich and wealthy also are full of difficulties. A person's life is very short, and filled with strife. Just as Shlomo Hamelech said in (Koheles 2:23) "Our entire life is full of

anger and shame". There is no other advice as to where anyone can run to, but to Hashem and to the Torah.

Today's message has taken from a letter from the Rosh Yeshiva in the Yiddish Gilyon Parshas Shemos Taf Shin Pey Gimel



Monday 23 Teves 5783

The Rosh Yeshiva Says:

The first paragraph of Shema begins with Veahavta Ess Hashem Elokecha. The simple understanding is that we should love Hashem. However, Chazal explain that another meaning for this is to make sure that other people should love Hashem. How can we make others love Hashem? The answer is, Hafutza! The only thing is that not everyone is capable of going around to people's houses and knocking on their door, so how can they go Hafutza? The way for you to go Hafutza is to conduct yourself properly and nicely. When people see someone who learns Torah and is put together, he makes his Peiyos nice, he makes sure his beard is neat with fresh clothes, he doesn't smell and he is extremely careful in honoring his parents, this person will create a positive name for the Rebbe.

Today's message has been taken from a live Shiur from the Rosh Yeshiva in the Yerushayim Beis Medresh Friday Parshas Shemos Taf Shin Pey Gimel

Tuesday 24 Teves 5783

The Rosh Yeshiva Says:

Mohorosh brings down many times in Asher Banachal that everything a person goes through is a test to see how he will react and to whom he will turn. If a person is close to a Tzadik who helps him fortify his connection with Hashem, then he turns to Hashem and asks him for help in remaining strong and happy despite the circumstances. A person who does not have that Emunah and that anchor will immediately place the blame on others.

Today's message has taken from Pearls of Wisdom in the English Newsletter Parshas Shemos Taf Shin Pey Gimel



Wednesday 25 Teves 5783

The Rosh Yeshiva Says:

I would like to remind you again to learn the Blatt Gemora every day. Learning Gemora purifies a person. Mohorosh relates from Reb Benzion of Bobov. He used to tell his Talmidim: "If I would tell you to fast or to do difficult Avodos, you would believe me that this would rectify all sins. Yet, since I told you to learn the Blatt Gemora, you don't believe me that this will help a person. It seems too simple." He told them that this will help them much more than any other remedy.

Today's message has been taken from A Git Vort in the Yiddish Gilyon Parshas Shemos Taf Shin Pey Gimel