



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Toldos 5783

Vol 1:2

Thursday Parshas Chayei Sarah

The Rosh Yeshiva Says:

Strengthen yourself, don't look at your downfalls. The holy Rebbe says (Lekutei Mohran 1:25). This is where Erlicher Yidden are mistaken, when they feel a sudden downfall. They feel as if they lost their drive and determination that they once had, and they remind themselves of their downfall. However, the truth is that this is not really a downfall. This is only an imagination that the Yetzer Horah puts into a person when he succeeds and he can't continue on in his holiness. Then he makes it that the person should have weaknesses, doubts and obstacles etc. We can not look at this, and only continue on serving Hashem.

Today's message has been taken from a letter from the Rosh Yeshiva Monday Parshas Chayei Sarah Taf Shin Pey Gimel



Friday Parshas Chayei Sarah

The Rosh Yeshiva Says:

This week's Parsha starts off with Sarah lived for 100 years, 20 years, 7 years. Rashi asks why does it say years and years

and years, just say 127 years? This is because all her years were good years, she had a good life. However, if we look back it doesn't look like Sarah had such a good life. She needed to wait until her elderly years to have a child. She had difficulties with Hagar and Yishmael. So many different hardships through many episodes in past years. What does it mean she had a good life? The Rebbe says in (Sichas Haran 53) a very important and lively lesson, Whoever has Emunah, his life is lively. Life is called life, but not everyone is living. Chazal say a Rasha is like he's dead, it's not even considered a life. By Tzadikim it is the opposite, even after death they are considered alive. This is because they always see the good. When things go well, he says it's good. Even when things don't go well, it's also good. How can it be good? This is because he has the proper Emunah that everything is from Hashem, and everything from Hashem is for the good.

Today's message has taken from a lecture from the Rosh Yeshiva for Avreichem Thursday Parshas Chayei Sarah Taf Shin Pey Gimel

Sunday Parshas Toldos

The Rosh Yeshiva Says:

We can't have any questions on Hashem. "Why am I not getting helped?" Because this is for sure good for me. Beg Hashem, Hashem, help me to see the good, help me understand that this is good for me. Hashem should help us to never have any questions on Hashem.

Today's message has been taken from Ah Vort Of Der Parsha in the Yiddish Gilyon Parshas Chayei Sarah Taf Shin Pey Gimel

Monday Parshas Toldos

The Rosh Yeshiva Says:

Be strong with the three Tefillos Shachris Mincha Marriv. Daven these three Tefillos with a Minyan and with a Siddur. This should be the strongest thing, the most important thing. This is because it keeps a Yid to stay strong as a Yid and to be guarded from Hashem. You will have difficult obstacles, difficult hardships that will undertake you. One day you will be busy with Parnosa, another day you will be with your wife, another with other occupations. Yet, still leave everything on the side, and when the time to daven comes, you should run to Shul to Daven and beg Hashem. If you will be strong in this, you will be very successful.

Today's message has been taken from AGit Vort in the Yiddish Gilyon Parshas Chayei Sarah Taf Shin Pey Gimel

Tuesday Parshas Toldos

The Rosh Yeshiva Says:

The Rebbe says in (Sichos Haran 110) Sleep strengthens a person's Emunah. During the day his mind gets loaded with negative thoughts, fears and other illusions. Sleep takes everything away. When night comes around, a person can get so carried away by all his worries and fears. But then he goes to bed and, when he wakes up in the morning everything is fine. All the doubts and worries have disappeared.

Today's message has been taken from a letter from the Rosh Yeshiva in the English Newsletter Parshas Chayei Sarah Taf Shin Pey Gimel

Wednesday Parshas Toldos

The Rosh Yeshiva Says:

There is nothing better than being able to learn the holy Torah. Specifically, when we can stop during our busy day when we are working to learn the holy Gemora the holy Torah. There is nothing greater than this! I want to encourage you that even if we don't understand it, and we can't understand the commentaries, let's say the words. Even just by saying the words, we will benefit greatly.

Today's message has been taken from the Rosh Yeshivas Daily Gemara Shiur Tuesday Parshas Toldos Taf Shin Pey Gimel