Life is full of challenges; no one is ever completely exempt. In the face of these challenges most of us have two wishes, to have the problem resolved and to be free of worry in the process.

Rashi, in Parshas Behar, tells us that the word *Betach*, which is the root of the word Bitachon, refers to the absence of worry. The question is, how can we help ourselves reach the state of mind of no worry and how can we resolve the challenges that cause us to worry?

There are many levels of Bitachon, trust in Hashem. All of the levels have the ability to bring peace of mind and reduce and even eliminate worry. One level is having the understanding that there are no accidents, Hashem has control over every detail. Another level is using Tefillah as a means of making requests of the One who is in control of everything. Another level is having the absolute confidence in Hashem that He will carry out your requests, and the highest level of Bitachon is accepting the good and bad with equal understanding that everything is Hashem's kindness.

For the purpose of this discussion, we will refer to another level called *Kivui*, Hoping. The *Meiri* writes that one who puts his trust in Hashem will not have his hope disappointed. It seems that the adamant refusal to give up hope, even when the situation looks bleak, earns one the merit to avoid disappointment and achieve the desired results.

It must be understood that when we speak of refusing to give up hope, we do not refer to merely verbally professing the refusal. It must be a real and truly heartfelt expression which comes from one's appreciation of Hashem's kindness and mercy emanating from His infinite love for us. It also requires the real conviction that there is nothing standing in the way of His resolving even the greatest challenge.

The realizations and emotions are not easy to come by. They require much effort, focus and attention. Future discussions will work on developing and expanding these concepts. It requires work, but the results are well worth it.