



We continue our series on ways to actualize and feel the *emunah* that we already believe which is the definition of *bitachon*.

The *Chazon Ish* states that constant *Tefilla* to Hashem for all of one's needs strengthens one's *emunah*. Perhaps this can be explained based on what we have learned in previous weeks. **We all truly believe that all that we have is decided by Hashem**, however, because we are obligated to perform *hishtadlus* throughout the day, in essence, we are acting as if not all is decided by Hashem on Rosh Hashanah. This acting has an overwhelming impact upon our *feeling* throughout the day the *emunah* which we know. **By constantly turning to the true Decider of all that happens to us through *Tefilla*, we negate the influences of our actions of *hishtadlus***, at the same time that we strengthen our feeling of our *emunah*.

Additionally, when we constantly turn to Hashem, we will also see his responses in every aspect of our lives.

Established By:



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