



When we are faced with trying times, rather than falling into depression we should strengthen ourselves with the knowledge of why Hashem brings *nisyonos* upon us.

The *Sefer Chasidim* (Chap. 13) reveals the reason to us:

The Holy One, blessed be He, doesn't bring people into a nisayon, a test. Rather when Hashem seeks to bring good upon a person, the Satan says to Him: It is not possible to give him this until he withstands a test.

Therefore, rather than being depressed when facing a hard situation, we should strengthen our *bitachon* during this crucial time and through this we will merit the great goodness Hashem wishes to bestow upon us, His dear children.

Established By:



Priority-1