

STRENGTHENING BITACHON

ALWAYS REMEMBER

- 1 Hashem **loves** me.
- 2 Hashem is with me wherever I am and is **always ready to help me**.
- 3 Hashem is **stronger** and **smarter** than anyone in the world and He can solve problems that seem impossible to resolve.
- 4 Hashem **knows what is best for me** much better than I myself know.
- 5 Just as He helped me many times in the past, **He will continue to help me**.
- 6 No one can do anything to help or harm me unless Hashem wills it. He has **total control** over everything.
- 7 Hashem is **compassionate**, more than the most kindhearted person imaginable.

(Chovos Halevavos, Sh'ar Habitachon)

STRENGTHENING EMUNAH

ALWAYS REMEMBER

- 1 True happiness** is a feeling of validation; feeling good about one's self.
- Knowing one's **true purpose** is critical for validation and happiness.
- Our true purpose was **publicly revealed** to our entire nation at Sinai, 3,330 years ago, in front of millions of eyewitnesses, when the Creator spoke directly to Klal Yisrael.
- These same witnesses heard Hashem appoint Moshe Rabbeinu as His **Navi** and **teacher of His Torah** and testified these truths to the next generation.
- These testimonies were passed down exactly, **word for word**, from generation to generation, to this day.
- The Torah contains abundant evidence, in the form of information that no human being could have known at the time, clearly showing its **Divine authorship**.
- Together with the Written Torah, an **Oral Torah** was taught to Moshe and passed down meticulously from generation to generation, to this day.

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