



Young Israel of Bal Harbour The Dose

Tuesday, January 27, 2015 Shevat 7, 5775

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The book Divrei Yisroel says that anxiety and depression block the pipelines that bring blessings from heaven. One opens those pipes by recognizing that G-d is in charge and controls the world. If people would only praise G-d more often rather than worry and complain they would see miracles, because praising G-d has the effect of eliminating harsh judgments. As the verse states in Isaiah 43:21 עַם זֶה יִסְפְּרוּ יִצְרַתִּי לִי תִהְיֶה לִי יִסְפְּרוּ, “I have created this nation for me, that they should speak my praises”.

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein