



Young Israel of Bal Harbour The Dose

Friday, January 30, 2015 Shevat 10, 5775

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The Torah perspective is that when a person accepts the small minor “afflictions” of life with love, then they take the place of far greater suffering and misfortune. This perspective can literally change a person’s life. The next time you find someone sitting in your seat -- or you were seated at a table you don’t like, or the service in the restaurant was very poor -- instead of getting very agitated and upset, just say “Thank You G-d for this minor inconvenience. You are so kind for bringing me Yissurim (hardship) in such a mild fashion.” The Chazon Ish (one of the greatest rabbis of the 20th century) used to say, “We all need to go through some trials and tribulations in life. Some people will respond to them with a positive attitude and others will be very bitter. It is my experience that the people who smile and are positive live happier lives.”

(Sefer- Living Emunah)

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein