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Bitachon — Day 1

Trusting in Hashem

Every day, there's so much to worry about — from big things like finding a shidduch, to smaller things like finding a parking spot.

Having Bitachon means calmly trusting in Hashem to take care of all our needs.

How can we trust? The first step is understanding that Hashem is 100% in control — **nothing can happen unless Hashem wants it to happen.**

Your Challenge for Today:

Think about something you're wondering (or worrying) about, regarding the future.

Then say out loud: **"Hashem has the power to help me with this."**

For example:

- Hashem has the power to help me find a shidduch easily.
- Hashem has the power to help me pass my test.
- Hashem has the power to send me whatever money I need.

Dedicated as a zechus for Meir ben Chana Rus ♦ Dedicated for hatzlacha and gezunt and everything good for the whole Klal Yisroel ♦ Dedicated by Anonymous

Bitachon — Day 2

It's the Small Stuff

Bitachon isn't just about trusting in Hashem for the big things — like money or health.

The Sifsei Chaim actually says that **the main work of Bitachon is with the small things.**

The more we practice turning to Hashem for the small things we encounter every day, the more we will realize Hashem is in control of every single aspect of our lives, no matter how small it seems.

Your Challenge for Today:

Ask Hashem for help with something you need help with today.

For example:

- Ask Hashem to help you find a parking spot easily.
- Ask Hashem to help you have patience.
- Ask Hashem to help you feel better.
- Ask Hashem to help you find something you lost.
- Ask Hashem to help you understand a difficult concept you're struggling to learn.

Dedicated as a zechus for a refuah sheleimah for Malka bas Chana Tzirel

Bitachon — Day 3

People Are Just Messengers

Although it may seem like other people have the power to hurt us, the truth is that people are just like “messengers” of Hashem. Everything is still in Hashem’s control.

Whether someone steps on your toe or your boss gives you a raise — these, too, are from Hashem.

No person can ever help us (or hurt us) without Hashem wanting it to happen.

(Sources: Chulin 7b, Taanis 18b, Sifsei Chaim: Emunah)

Your Challenge for Today:

Think of a person you feel dependent on, to help you. (For example: a shadchan, a bus driver, or your boss.)

Say out loud: **“This person has no power of their own to help me or harm me. Only Hashem decides what will happen.”**

For example:

- Before you go to a doctor, say: “This doctor has no power of their own to heal me. They’re just a messenger from Hashem.”
- Before you meet with a new client, say: “This client has no power to decide how much money I will make. Only Hashem decides my financial situation.”

Dedicated l'ilui nishmas יצחק זאב בן פנחס

Bitachon — Day 4

Just Doing My Hishtadlus

Even though Hashem is in control of our lives, we are still obligated to do Hishtadlus (which literally means “trying”) to achieve our goals — like eating healthy foods to be strong, or working for money.

The Chovos HaLevavos explains that Hashem is trying to test us: **Will we remember that our success is in Hashem’s control?**

Or will we forget Hashem, and think that the power to succeed is in our own hands?

Your Challenge for Today:

After you do an act of hishtadlus, say: **“Hashem, I did my hishtadlus, and now I leave the rest up to You.”**

For example:

- I am exercising to try to be healthy, but I know that ultimately, my health is only in Hashem’s hands.
- I am studying so hard for my test, but I know it’s just fulfilling my hishtadlus — ultimately, only Hashem decides how well I will do on my test.

Dedicated as a zechus for a shidduch for Miriam Rivkah bas Shifra

Bitachon — Day 5

Hashem's Master Plan

In the beginning of the Purim story, everything seemed terrible: Esther was taken to the palace, and Haman planned to destroy the Jewish People.

Only at the end of the story was Hashem's Master Plan revealed: Esther's position as Queen enabled her to save the Jewish People, and Haman was hanged on the very same gallows he had built to hang Mordechai!

We'll never truly know why things happen in this world, but we do know **Hashem has a Master Plan and He will do whatever is best.**

Your Challenge for Today:

Think of a part of your life (or something in the world at large) that you don't understand.

Say out loud that you realize it's part of Hashem's Master Plan.

For example:

- I don't know why there has to be a war in Israel, but I'm sure it's part of Hashem's Master Plan.
- I don't know why I am struggling so much, but I'm sure it's part of Hashem's Master Plan.
- I don't know why I had to hurt my toe, but I'm sure it's part of Hashem's Master Plan.

Dedicated by Anonymous as a zechus for shidduchim

Bitachon — Day 6

Hashem Always Listens

Hashem is paying attention to us every single second.

There is never a moment when Hashem is not watching us, as it says in Tehillim (121): "הִנֵּה לֹא יָנוּם וְלֹא יִשָּׁן שׁוֹמֵר יִשְׂרָאֵל" — Hashem never sleeps nor slumbers."

We can trust in Hashem to help us with whatever we need, because **Hashem is always listening and ready to help.**

Your Challenge for Today:

Talk to Hashem in your own words, saying something like: "Thank you Hashem for paying attention to me every second. **I know You are listening to me right now.**"

Then ask Hashem to help with something you need today.

For example:

- Please Hashem, help me find my lost car keys! I know You're listening and I know You care!
- Please, Hashem, help me have more patience. You know how hard it is for me and how I wish I could be better.

Dedicated by the Azatchi family for hatzlacha and bracha ♦ Dedicated by Anonymous as a zechus for a shidduch

Bitachon — Day 7

Speaking Words of Emunah

One way to ingrain Emunah into our hearts is by speaking words of Emunah.

A hint to this idea is found in the passuk: "האמנתי כי אדבר" - **I believe as I speak.**" (Tehillim 116:10)

The more we speak words of Emunah, the more our Emunah will be strengthened in our hearts.

(Source: Rav Pam on the Pesach Haggadah, p. 151)

Your Challenge for Today:

Find an opportunity to express Emunah or Bitachon in your speech — showing that you realize everything is in Hashem's control.

For example:

- If you tell someone you're planning to go shopping tomorrow, add "*im yirtzeh Hashem*" — Recognizing that you'll only be able to do it if Hashem lets you do it (eg. no flat tire).
- If someone asks how you're doing, say "Great, *Baruch Hashem*" and think about how Hashem has been helping you stay healthy and well.
- If you tell someone you've been studying for a test, mention that you realize the results will be up to Hashem.

Dedicated by Anonymous as a zechus for shidduchim

Bitachon — Day 8

Brachos — All Day Long

How can we remember about Hashem throughout the day, when we're often so busy?

That's why Chazal instituted brachos — to help us remember Hashem.

Every time we say a bracha, it's an opportunity to pause and remember Hashem is involved in my life and giving me so much good.

Your Challenge for Today:

Before you say a brachah, think about how this food (or other benefit) is coming from Hashem.

For example:

- While saying Shehakol on water, think about how Hashem gave you this refreshing water to quench your thirst.
- While saying Asher Yatzar, think about how Hashem is making your heart beat, your lungs breathe, and a million other things to keep your body functioning and healthy every second.

Dedicated by Chaya Sara Sokol as a zechus for Chana Rochel bas Malka

Bitachon — Day 9

Throw Your Burden Onto Hashem

A passuk in Tehillim says: **"Throw** your burden onto Hashem, and He will sustain you." Why does it say, "Throw your burden" instead of **"Hand** your burden"?

When you hand something over, there is one second when both people are holding it. **But when you throw something, it leaves your hand completely.**

We have to learn to throw our burdens onto Hashem — completely letting go, leaving it totally up to Him.

(Source: Rebbetzin Temi Kamenetsky a"h)

Your Challenge for Today:

Think of something you feel worried about, and say **out loud** something like:

"Hashem, I am worried about _____ **but I'm going to just let go, and leave it totally up to You** — because I know You are able to take care of me."

For example:

- Hashem, I'm so worried about how I'm ever going to find a shidduch... but I'm going to try to let go, and leave it up to You to take care of me.

Dedicated by Mark Levine in honor of my grandson

Bitachon — Day 10

Remember the Past

When worries creep in, it helps to remember all the times Hashem has taken care of us in the past.

Think of a time when you davened for something, and Hashem answered — or when Hashem gave you beautiful gifts without you even asking for them!

We have a long history with Hashem, and He has a proven track record of taking care of us! Remembering how Hashem took care of us in the past can strengthen our trust for the future.

Your Challenge for Today:

Think of a time when Hashem helped you in the past.

Maybe Hashem took care of something you davened for, or maybe Hashem did something good for you without you even asking for it!

Next, talk to Hashem out loud in your own words, saying something like: **"Thank you Hashem for taking care of me in the past. I know you are able to take care of me now, too."**

For example:

- Hashem, I didn't even realize it at the time, but looking back, I see how You guided me to find the right job after I graduated. Thank You for always knowing what's best for me. Please help me find a good new job now, too.

Dedicated by Anonymous

Bitachon — Day 11

It's All for the Best

Trusting in Hashem doesn't mean believing He will make things turn out exactly the way **we** want them to happen.

Rather, "having Bitachon" means knowing that no matter what happens, **Hashem only does what's best.**

Even if we don't understand why something "bad" had to happen, we can rest assured that Hashem always knows what He's doing.

(Sources: Chazon Ish and Chovos Halevavos)

Your Challenge for Today:

If something uncomfortable happens, say out loud: **"Hashem, I don't know why this had to happen, but I trust that You did it for a good reason."**

For example:

- I don't know why I had to be stuck in traffic today, but I'm sure Hashem has a good reason.
- I don't know why I had to get this painful paper cut, but I'm sure Hashem has a good reason.

לשידוך הגון לחיה מושקא בת אילה

Bitachon — Day 12

Believe in Yourself

Emunah isn't just about believing in Hashem — it's also about believing in yourself.

Sometimes we find ourselves saying "I can't" — such as "I can't resist this temptation" or "I can't have patience any longer."

But if we remember that our strength comes from Hashem, and Hashem can help us with anything, **we can accomplish much more than we ever imagined.**

(Source: Rav Noach Weinberg zt"l)

Your Challenge for Today:

Say out loud a statement of belief in yourself — because you know Hashem can help you.

For example:

- I believe I can be more patient, because I know Hashem can help me.
- I believe I can eat healthier, and I know Hashem can help me.
- Even though I'm so tired, I believe Hashem can somehow help me get through this day.

Dedicated in the merit that we should see hatzlacha in our endeavors with Hashem's help ♦ Dedicated as a zechus for a shidduch for Tova Leah bas Shayndl

Bitachon — Day 13

Mezuzah: A Constant Reminder

How can we remember that Hashem is always protecting us? The Sefer HaChinuch says:

Hashem gave us the mitzvah of Mezuzah to remind us that Hashem is constantly watching over us.

For this reason, we inscribe 3 letters on every Mezuzah: Shin-Dalet-Yud. This stands for **"Shomer Daltot Yisroel"** which means: **"Hashem protects Jewish homes."**

Your Challenge for Today:

While looking at a Mezuzah, thank Hashem out loud for protecting you in some way.

For example:

- Thank you, Hashem, for protecting me from illnesses I've never even heard of.
- Thank you, Hashem, for protecting me from falling into debt.
- Thank you, Hashem, for protecting me emotionally by giving me a great support system.

Dedicated in honor of HaTomim Tzadok Meir Zirkind on the occasion of his Bar Mitzvah on Lamed Shevat. May he grow to be a ChaYaL, to Torah, Chuppah and Maiisim Tovim. With love from Bubby Mazal Zirkind

Bitachon — Day 14

Never Lose Hope

The Midrash says: When Sarah Imeinu was 90 years old, she couldn't believe she would have a baby. But then she said:

"How can I lose hope in my Creator?"

ואני בה' אעלוזה באלקי ישעי — I will rejoice in Hashem, and be happy with the G-d who saves me."

She believed Hashem could help her, even when it seemed impossible.

Hashem replied: "Since you didn't lose hope in Me, I won't lose your trust." Right after that, Hashem gave her a son.

(Sources: Bereishis Rabbah 53:3 and Chabakuk 3:18)

Your Challenge for Today:

Is there anything in your own life (or in a friend's life) that you already gave up on (or almost gave up on)?

Ask Hashem for help — even if it seems like a lost cause.

For example:

- Daven for someone who is "off the derech" to return.
- Daven for someone who is very sick to get better.
- Daven for someone waiting many years for a child.
- Daven for Mashiach to come today!

Dedicated by Aliyah Chanah bat Sarah as a merit for Aliza Chanah bat Naomi to have a complete recovery

Bitachon — Day 15

Shabbos Menucha — Letting Go

Chazal say that when Shabbos comes, we should feel as if all our work is done.

But how can we? We still have bills to pay, tests to study for, and errands to run!

The Sifsei Chaim explains: We run around all week thinking **we** are accomplishing things with our own power.

But when Shabbos comes, we are forced to rest and remember that **success is all in Hashem's hands**. We don't need to carry all these burdens on our shoulders.

Your Challenge for Today:

Think of something you worked hard to achieve this week, and **acknowledge that the results are up to Hashem**.

For example:

- I worked hard to earn money this week — but I realize that ultimately, our finances are up to Hashem.
- I studied so hard for my tests this week. I did my best, and now I realize the results will be up to Hashem.
- I worked hard to cook food for Shabbos but I realize that whether my family/guests will enjoy it is up to Hashem.

Dedicated l'ilui nishmas Esther Perel bas R' Shloimeh a"h, to whom Shabbos was very dear

Bitachon — Day 16

Accepting an Uncertain Future

In the olden days, people sometimes asked diviners to look into crystal balls and predict the future.

But the Torah says there's no need for crystal balls or worrying about the future. Why?

Because Jews understand Hashem runs the world. **No matter what happens, Hashem will take care of us.**

Hashem has infinite solutions to whatever problems we may face in the future, so there's no need to worry!

Your Challenge for Today:

Think of something you're worrying (or just wondering) about, regarding the future. **Then take a deep breath and say out loud: "I will leave this up to Hashem to take care of."**

For example:

- I sometimes wonder how I will be able to afford my children's weddings. But (deep breath) I'll do my best and leave the rest up to Hashem. I'm sure He can take care of our finances.
- I don't know how I'm ever going to pass all my finals! (Deep breath) I'll do my best to study, and I'll leave the rest up to Hashem.
- I don't know how I'm ever going to be ready for Pesach this year! (Deep breath) I'll do my best to prepare, and I'll leave the rest up to Hashem.

Dedicated by Anonymous

Bitachon — Day 17

Hashem is Interested in My Life

Many non-Jewish philosophers used to believe that Hashem is not involved in what happens on Earth.

Hashem is so great and lofty — **so why should He care about little you and me?**

But Jewish people understand this is not true.

Even though Hashem is so great, mighty, lofty, and holy — **He still cares about every single thing that happens in our personal lives.**

Your Challenge for Today:

Think of an area in your life where you need help, and ask Hashem to help you — **because you know He cares.**

For example:

- Hashem knows how hard it is for me to be single. Please Hashem, help me get married soon!
- Hashem cares about how I find it so stressful to rush out in the mornings. Hashem please help me figure out how to make my mornings less stressful.
- Hashem cares about how I find it so hard to have patience for other people. Hashem please help me have more patience!

Dedicated l'ilui nishmas יהושע בן אברהם איסר

Bitachon — Day 18

Fortunate to Trust in Hashem

So many people go through life without a real connection to Hashem — missing the deep sense of security that Bitachon brings.

It says in Tehillim (84): "אשרי אדם בוטח בך" — Fortunate is the one who trusts in Hashem!"

We are so lucky to have Bitachon — knowing that life isn't random, everything happens for the good, and that we are always in Hashem's loving hands.

Your Challenge for Today:

Imagine for a moment what your life would be like without Bitachon — without knowing you could always turn to Hashem for help.

Next, say out loud to yourself WHY you are happy to have Bitachon in your life.

For example:

- I'm so fortunate to have Bitachon because I feel better knowing that Hashem is always listening.
- I'm so happy that I'm working on having more Bitachon because it adds so much more meaning to my everyday life.

Dedicated by Anonymous as a merit to have good children

Bitachon — Day 19

Do It for Free!

Hashem's kindness isn't limited to what we deserve.

Chazal teach us that Hashem has a special treasury of "Matnas Chinam" — FREE gifts that He can give us, **not because of our merits, but simply out of love.**

Just as a parent loves a child no matter what, Hashem can always help us — purely out of love.

Bitachon means trusting that Hashem's ability to help is unlimited — He can give "just because!"

Your Challenge for Today:

Ask Hashem to help you with something today — "just because" — because you know He loves you.

For example:

- Please Hashem, help me find a parking spot quickly... because I know You love me!
- "Hashem, I know I might not be deserving of this, but please heal me from my illness — because I know You love me and I know You can!"

Dedicated by a beautiful Yid in the merit of all of us beautiful Yidden in Klal Yisroel

Bitachon — Day 20

"Grazing Emunah"

Dovid HaMelech writes in Tehillim (37:3): "שכן ארץ ורעה אמונה – Dwell in the land, and graze Emunah."

What does it mean to "**graze belief in G-d**"?

Rav Dessler explains: Just as sheep graze all day long — not satisfied with just eating breakfast, lunch and dinner — so too, **we must constantly involve ourselves in Emunah all day long.**

Your Challenge for Today:

Think about your daily routine and make a plan for how you can incorporate a quick daily reminder to trust in Hashem.

(Consider setting a reminder alarm on your phone, or hanging up a sign somewhere to remind yourself to do it each day.)

For example:

- Whenever I get into the car in the mornings, I can ask Hashem to help me drive safely and get to my destination quickly.
- Whenever I sit down to eat lunch, I can pause and think about how Hashem made this food for me to enjoy, and He's always loving and taking care of me.

Dedicated as a zechus for Yosef ben Menachem Yehoshua, Eliyahu ben Gershon Henoch, Sara Perel bas Yosef, Yitcha bas Nosson, and Yosef ben Binyomin

Seeing Through the Illusion of Nature

When Hashem did open miracles like the Ten Plagues in Egypt, it was obvious to the whole world that Hashem is the only true Power.

But in our personal daily lives, it's easy to forget that Hashem is involved. Hashem hides behind the "mask" of nature, waiting for us to remember Him.

Hashem is testing us to see if we can remember that He's in control of everything. When we remember Hashem's involvement in our lives, daven for help, and thank Him for helping us, we are fulfilling the purpose of our creation.



Question 1

How has Hashem been involved in your life recently?

What has He done for you? (Think of at least 2 things per person.)

Question 2

If we remembered all the time that Hashem is running the show, and He is always here to help us... **how might we feel or act differently in our daily lives?**

Question 3

What are you worried about (or wondering about) for the future?

What are some areas of your life that you tend to forget Hashem is involved?

Do People Have Any Power?

Having Bitachon means believing that everything comes from Hashem — **even what other people do to us.**

Although it seems like people have the power to affect us, the truth is that everything is still in Hashem's control. **No person can ever help or harm us without Hashem wanting it to happen.**

People are just like "messengers" carrying out Hashem's Master Plan. If these people would use their free will to choose *not* to help (or harm) you, Hashem would simply find a different messenger to send you what you need.



Question 1

Give two examples of people whom you feel have the power to affect you (either positively or negatively).

Question 2

If you remembered these people are just messengers of Hashem, and only Hashem is in charge... how would that change how you feel about these people? **Would you feel or act any differently?**

Question 3

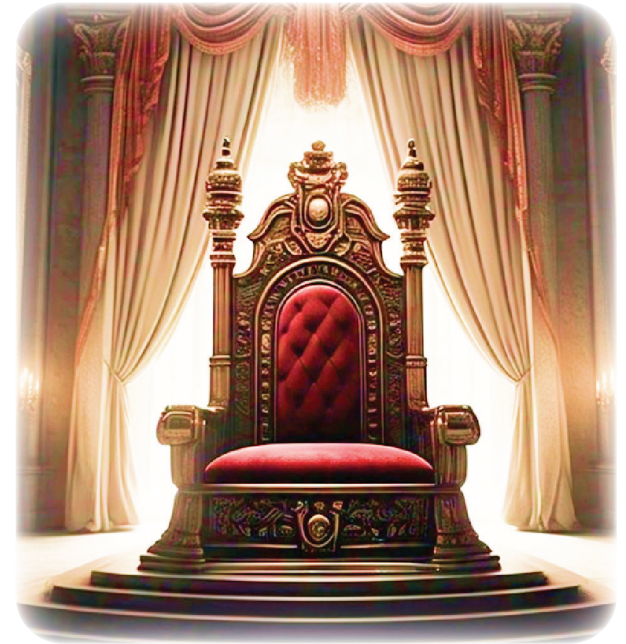
Can you think of another way Hashem could send you what you need **through a different messenger** or a different natural way — instead of through these people?

It's All for the Best

In the beginning of the Purim story, everything seemed terrible: Esther was taken to the palace, and Haman planned to destroy the Jews.

Only at the end of the story was Hashem's Master Plan revealed: Esther's position as Queen enabled her to save the Jews, and Haman was hanged on the very same gallows he built for Mordechai!

We'll never truly know why things happen in this world, but we do know that Hashem has a Master Plan and He will do whatever is best.



Question 1

Can you think of a time when you didn't understand why something (seemingly) bad had to happen?

Looking back now, **can you see any good that came from that experience?**

Question 2

If Hashem always takes care of us and knows what's best for us, **why do we have to daven?**

Why not just say every day: "Hashem, please do whatever is best"?

Question 3

It's not always easy to have Bitachon when life feels difficult.

How can you set up a reminder for yourself that Hashem is still taking care of you, even when you're having a rough day?

Filling Up Your "Cup" of Hishtadlus

Although Hashem has the power to do anything, He still wants us to put in effort ("hishtadlus") to TRY to achieve what we need. This is a test: **Will we remember that success comes only from Hashem? Or will we think that WE are the ones in control?**

Imagine that Hashem has a cup for each person called "The Cup of Hishtadlus." Whenever we put in effort to achieve what we need, our cup gets filled.

Once we've done "reasonable" hishtadlus, Hashem can then send the solution through **any** route, regardless of whether it's connected to the place where we put in our efforts or not.



Question 1

Can you think of an area of your life where you put in a LOT of hishtadlus to achieve what you want? (Maybe even "too much" hishtadlus, sometimes?)

Question 2

Do you ever feel like your hishtadlus causes (or tempts) you to do something wrong? If not — can you imagine a scenario where someone's hishtadlus might tempt them to do the wrong thing?

Question 3

Can you imagine how Hashem can send what you need through a different route than the route you're trying now? (For example: You apply for one job but then get offered a totally different job.)

Hashem Cares

Many non-Jewish philosophers used to believe that Hashem is not involved in what happens on Earth. Hashem is so great and lofty — so why should He care about little you and me?

But Jewish people understand this is not true. The Torah teaches us that **Hashem cares about every little thing that happens in our personal lives.**

We are so fortunate that our G-d — who is all-powerful and can do anything — also **CARES** about every tiny detail of our personal lives... and loves to help us!



Question 1

Can you think of someone in your life who really cares about you?

What do they do or say that makes you feel cared for?

(Now consider how Hashem loves you **even more** than they do!)

Question 2

Was there ever a time when Hashem helped you with something (or made something work out when you thought it wouldn't)?

Can you think of a story that showed Hashem cares about your life (or someone else's)?

Question 3

Are there any areas in your life where you sometimes feel like you're struggling alone?

Are there areas where you tend to forget that Hashem is with you, He knows how you feel, and He can help you any time?

Bitachon — Discussion 6

Believe in Yourself

Emunah and Bitachon are not just about believing in Hashem — they're also about **believing in yourself**.

Sometimes we find ourselves saying "I can't" — such as "I can't resist this temptation" or "I can't have patience any longer."

But if we remember that **our strength comes from Hashem**, and Hashem can help us with anything, we can accomplish much more than we ever imagined.

(Source: Rav Noach Weinberg zt"l)



Question 1

Can you think of a time when you were successful? (Past or present) How did Hashem help you succeed?

(For example: I got a great job — but Hashem helped me find the right opportunity at the perfect time.)

Question 2

Is there something you've been holding back from trying because you're afraid you won't succeed — even though you know it's important to do?

What would you do if you fully believed that Hashem could help you succeed?

Question 3

Can you think of a story about someone who thought they couldn't achieve something — but they tried anyway because they believed Hashem could help them?

It can be an example from your own life, or a story that you heard, or a story from Tanach.

Jealousy & Bitachon

We all struggle with feelings of jealousy sometimes. If someone has something I wish I had — a talent, a higher IQ, or a better salary — I might feel upset, almost as if they took something away from me. Why can't I have that, too?

But if we shift to a mindset of Bitachon, we can begin to let go of that jealousy.

Rav Dessler gives a mashal (parable): If your friend has a nice suit, do you need a suit in exactly the same size? Of course not — your friend is a different size than you, so his suit would not “suit” you at all!

So too, Hashem gives each of us a different set of tools, strengths, and life circumstances to fulfill our unique purpose in life. If someone else has something I don't, it means Hashem decided I don't need it (and maybe it would even be detrimental if I had it).



Question 1

Do you ever struggle with feeling jealous? What type of people or situations seem to trigger your jealousy?

Question 2

If you looked at these people or situations with a perspective of Bitachon, how might you reframe it differently? What would you think or say to yourself?

Question 3

Is there something you wish you had, but Hashem didn't give you?

What are some possible reasons why Hashem didn't give it to you? (How might it actually be for your benefit?)

Never Give Up Hope

Sometimes we wish for things that feel almost impossible, and it's easy to lose hope when we don't see how they could ever happen.

But we have to remember that **nothing is impossible for Hashem**. Sarah Imeinu had a child at age 90, and even in modern times, there are many stories of Hashem making "nearly impossible" things happen.

Our job is to have Bitachon — to trust that if Hashem wants it to happen, He **CAN** make it happen (even if we don't know if He **WILL**).

Sometimes, the very fact that we're willing to put our trust in Hashem is enough to make Hashem want to make it happen!



Question 1

Is there anything you're hoping or wishing for, that feels like it's almost impossible to happen? Or maybe you feel like there's only a very small chance of it happening?

Question 2

Can you remember a time in your life (or someone else's life) when something happened even though it seemed almost impossible?

Or can you think of a time when Hashem helped you in a way you didn't expect?

Question 3

What's one small thing you can do to strengthen your belief that Hashem can help you in any situation?

(Perhaps put a reminder somewhere, or do something quick and easy each day to remind yourself.)