

A New Day

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Hold On! A New Day **Meshivat Nefesh #58**

Reb Nosson explains that the fresh recitation of the *Shema* prayer every day is our way of continually expanding our awareness that it's God's Will alone that directs everything that occurs. Yesterday's *Shema* shouldn't be the same as today's. And by tomorrow, I hope that I'll say it with more understanding and willingness to see and accept the Divine Will as it operates in my life.

The idea of every day adding its own new forward motion to my spiritual life is a basic one in the Torah. We find that the process of purification from different forms of ritual impurity can take different numbers of days, and each of those days is an essential part of the process. My life is also a continuum of trying to get closer to my Creator, and every day (potentially) moves me forward toward my goal. Every day is essential; every day is precious...every day has its new lesson

to teach me and offers me a new degree of closeness.

Infinite One,

Please help me to realize

how precious every single day of life is.

It's only through the chaining

of one day after the other,

each with its own fresh opportunities,

that I can grow into

the person that I was meant to be.

(Hilchot Birchot HaShachar 5:41-42)