

# Long Days

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### **Rebbe Nachman of Breslov taught...**

*What does it mean to have “long days,” as the verse says of Avraham, “And Avraham was aged, long of days?” Every day has its own measure of goodness, and we access that goodness through plumbing the depths of the Torah’s secrets on that day. One needs to have a merit to be able to enter into the goodness of the day, but once a person does, the day is long—his life is full.*

*(Likutei Moharan I:84)*

### **What does this mean to me?**

In the original lesson, Rebbe Nachman explains that Avraham’s main virtue was in his lovingkindness, and this gave him access to the goodness of each day. The goodness of each day is discovered in the awareness that we have of G-d’s presence, which is obtained through studying the Torah’s secrets. But that kind of awareness doesn’t come freely—one needs to have merit to enter into it. Lovingkindness is not the only virtue; there are other gateways, like repentance. Each person can develop his own strength, and through it find his way into the goodness and “length” of every day.

### **A prayer:**

*Master of the World, help me  
Fill my days with holiness and mitzvot.  
May I occupy my time doing acts of kindness  
With a mind that is purified  
In thoughts of You and what You want.  
Please help me discover the true good in each day,  
That is, Your presence,  
And becoming close to You.  
Then I will increase the holiness of my days,  
For this is the real meaning  
Of a truly long life.*

*([Between me & You](#), p. 26)*

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