

Rebbe Nachman says “No!”

written by Yehudis Golshevsky
April 24, 2022



Hold On! *Precious Moments*

Meshivat Nefesh #47

Rebbe Nachman taught:

“Sometimes there are people who draw closer to Hashem for a certain amount of time and, afterward, they fall away again. Even so, their temporary period of greater closeness is very precious to Hashem, even if afterward whatever happened, happened, G-d forbid.”

This short teaching always gives me so much hope. Sometimes I get discouraged because I see that I’ve tried many times to improve in my Divine service, but after a short period of success I don’t hold on to it. Did I waste my time and energy? Rebbe Nachman says, “No!” Whatever spiritual growth they attained is eternally valuable, even if it didn’t last. Those

moments, days, years—however long they lasted—of closeness were real, they were an accomplishment even if afterward I fell. When I consider this...it gives me more strength to start again.

*Beloved Creator,
Thank You so much
for valuing the little hairsbreadths of change
no matter how temporary they've been.
If they're precious to You,
it means that there are truly beyond price.
Please help me to always remember that every moment of
closeness
is worth the whole world.*

(Based on Rebbe Nachman's Wisdom #123)