

# Receiving Compassion

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*BRI's NarrowBridge.Org sends out twice weekly inspiration providing a regular dose of hope, meaning and courage. These emails include small doses of Rebbe Nachman's wisdom, enabling us to get through the week in a more spiritual way.*

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

*Reb Nosson wrote: "It is inevitable that everyone will come up against many problems which are impossible to foresee. We have to accept them all with love and know that everything that happens to us is all for our good. If we do this, it is much easier to pray to G-d that He remove our illness and suffering. Even though we know that in truth it is all good, we possess neither the strength nor the wisdom to receive such good. For this reason we ask, 'May the Almighty give you compassion.' May He hand compassion over to you—that is, what you can understand to be compassion."*

*([Healing Leaves](#), p. 99)*

**What does this mean to me?**

In the morning prayers we say that G-d is the One who “provides good kindnesses to His people Yisrael.” If He gives *chassadim* [kindnesses] to us, why do emphasize that they’re good? Aren’t kindnesses by their nature good? Reb Nosson’s words quoted above help us to understand the distinction. Everything that G-d does for us is ultimately a chessed, but we aren’t always able to appreciate them since, in the interim, they can assume unpleasant forms. Since we understand our limitations, we pray that He provide us with “good kindnesses”-*chassadim* that we can understand to be good and that we honestly feel are good.

**A prayer:**

*Dear G-d,*

*Remove any accusations  
against me or any of Your people.*

*G-d, in Your mercy I beg You:*

*Sweeten any harsh decrees against us.*

(Between Me and You, p. 122) We encourage hearing your feedback and may anonymously publish your remarks. Please send email to:

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