

# Why Should You Worry?

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

*"Reb Nosson wrote: "Do not fear...or be anxious at all-G-d will not abandon you either in this world or in the next! For Rebbe Nachman paved the way before us... He told us explicitly, 'What have you to worry about, since I am going before you?'"*

*([Healing Leaves](#), p. 118)*

**What does this mean to me?**

Before Rebbe Nachman passed away, he reassured his followers with the words recorded by Reb Nosson. They were meant as consolation for the grief that was building among them, and they have a very grounding force. The *tzaddik* asked his followers, "Why are you acting as though you are so bereft? Haven't I accomplished something? Haven't I given you the spiritual tools and the Torah that you need to keep on going? And don't you know that my merit will protect you even after I am gone?" As long as the Torah of the *tzaddik* is studied and absorbed, he is alive and active spiritually. We may not have access to him in the flesh, but that doesn't mean that the path is not well paved for us.

## **A prayer:**

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*Master of the universe,  
You have already promised us  
that there is no such thing  
as an orphaned generation.*

*Even now, there are true tzaddikim  
who have the ability to gather our souls together  
and renew us for the good;*

*They share Torah with us  
that has the power  
to restore us to You completely.*

*(Likutei Tefillot I:13)*

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