

Bitachon should be the simplest Mitzvah, involving merely living our lives based on the Emunah we already possess - the understanding that everything in this world is predetermined by Hashem, our loving Father. However, why does it seem so challenging? The difficulty arises because a person's mindset is primarily influenced by their actions, and the actions we perform throughout our day subconsciously contradict our faith.

Intellectually, we recognize that these actions are simply Hishtadlus - the required efforts within the natural order of the world. We understand that Hashem has mandated such efforts, and without them, we may forfeit the good that has already been decreed. However, the persistent obligation of Hishtadlus causes our actions to constantly reinforce the opposite of our Emunah.

So, what is a solution? Before each action of Hishtadlus, reflect on the true purpose behind these actions. A helpful approach is to consistently remember the following:

"Hashem, may He be blessed, supervises the details of people's lives, knowing all of their deeds, and everything that happens to them - good or bad - is through His decree and His commandment according to their merit or guilt. As stated (Chullin 7b), 'A man does not bruise his finger below (on earth), unless it is announced about him from above (in Heaven).'" (Sefer HaChinuch 546)

Since everything that occurs in the world is announced above, the goal in every action should solely be, "How can I ensure my desired outcome is announced above?" For instance: "I want this deal to go through. I know it can only happen if it is first written above. How can I improve my chances of it being written above? Well, I can ask my Father, who desires my good more than I desire it myself, to announce it or I can perform a Mitzvah in its merit."

Should I send a convincing email to the person I seek to make the deal with? Well, how will that improve my only goal - that it be announced above? It won't. So why should I do it? Because if it is already written above, you may still lose it by not performing your obligation of Hishtadlus.

By shifting our constant goals from "How do I get this done?" to "How do I get this announced Above?" instead of our Hishtadlus constantly negating our Emunah, it will continually reinforce it.

*Established By:*



Priority-1