



Young Israel of Bal Harbour The Dose

Thursday September 10, 2015, Elul 26 , 5775

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One should pay special attention to the brocha of Asher Yatzar which is the blessing we say when we use the bathroom. Each time you say this brocha think how thankful we must be to G-d for giving us our kidneys, liver, heart, lungs not to take anything for granted. Rav Avigdor Miller z"l would recommend to make sure to thank G-d for one specific thing in your life every time you say "modim" (prayer of thanks) in the Shemonah Esrei.

*Sefer: Yomim Noraim
Rav Moshe Weiss*

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein