

# EMUNAH

Finding Faith  
in Dark Times

# EMUNAH- NEVER GIVING UP HOPE

” ברוך אתה ה' אלקינו מלך העולם  
אשר נתן לשכוי בינה להבחין בין יום ובין לילה”

“Blessed are You, Hashem, Our God, King of the universe, Who gives insight and understanding to distinguish between day and night.”

❖ WHAT SHOULD WE THINK OF WHEN WE SAY THIS BRACHA?

LIFE IS A TEST -REBBETZIN ESTHER JUNGREIS

“The lesson that we must learn from the rooster is to have faith. **No matter how dense the darkness of the night may be, the rooster knows that morning will come and never gives up.** So even if we feel discouraged, and believe that our situation is hopeless, we must have faith that everything can turn out right.”



Rav Avraham Tzvi Klugar	רב אברהם צבי קלוגער
King David says in Psalms, “To speak of Your kindness by day and Your faith at night”. In the morning, at times when Hashem’s goodness is revealed, we have to thank Him. In the night, during the dark times, when the kindness of Hashem is hidden, we come to faith. <b>Specifically from the darkness our faith is strengthened that Hashem guides us even when we don’t see or feel it.</b> This belief is the first light emanating from the darkness. A Jew with faith is no longer steeped in darkness, he is connected to light. He ties himself to Hashem, even when the guidance of Hashem is still hidden. He connects himself to Hashem with faith from within the darkness.	דוד המלך אומר בתהילים, “טוב להודות לה’... להגיד בבוקר חסדיך ואמונתך בלילות”. בבוקר, בזמנים של חסדי השם גלויים, עלינו להודות על חסדים אלו. בלילות, בזמני חושך והסתר, כשחסדי השם נסתרים, אנחנו מגיעים לאמונה. <b>דוקא מתוך החושך אנחנו מתחזקים באמונה שהבורא מנהיג אותנו, אפילו שאנו לא רואים ולא מרגישים זאת.</b> האמונה הזו היא האור הראשון הבוקע מתוך החושך. יהודי עם אמונה כבר לא שרוי בחושך, הוא מחובר לאור. הוא קושר את עצמו לרבונו של עולם, אפילו שהנהגת הבורא עדיין נסתרת. הוא מחובר לרבונו של עולם באמונה בתוך החושך.

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- ❖ DO YOU AGREE THAT PEOPLE CONNECT MORE IN THE DARK?
  - ❖ WHY? HAVE YOU SEEN THIS IN YOUR OWN LIFE?
  - ❖ CAN YOU THINK OF A STRUGGLE THAT YOU WENT THROUGH THAT ONLY IN RETROSECT WERE YOU WERE ABLE TO SEE THAT HASHEM HAD BEEN WITH YOU ALL ALONG THE WAY?
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### LIVING INSPIRED - RABBI AKIVA TATZ

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“ First comes, truth is revealed, apparent. Then it is hidden. When that happens the central avoda, the spiritual work, becomes emunah, faith. “L’hagid ba’boker chasdecha ve’emunascha ba’leylos- To speak of Your kindness by day and Your faith at night”. Kindness is felt in revelation, but faith must be maintained when nothing is revealed. ”

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- ❖ WHAT WOULD RABBI TATZ SAY ABOUT “BLIND FAITH”?
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*I* imagine yourself travelling in a forest at night in black darkness. You’re lost, your flashlight ran out of battery, and to make matters worse, it starts pouring rain. You give up, you sit down, and your plan is to wait till the morning because it’s too dark...



*KABOOM!! Lightning strikes, you see the right path. You quickly get up and run in that direction until you realize the light has left. What are you supposed to do now? This stinks! You give up, you sit down...*

*KABOOM!! Lightning, you start running... Only to realize that once again, there’s no more light. This time, you don’t give up, and you don’t sit down, because you know that as soon as that lightning strikes you will be running as fast as you can for as long as that lightning lasts, and this cycle will continue until you get home. You’re on your toes!*

**When the lightning strikes, we’re on fire! We’re running full speed ahead to achieve our goals!**



## A DEEPER LOOK INTO EMUNAH

Exodus 20:2	שמות כ:ב
I am the Lord, your God, Who took you out of the land of Egypt, out of the house of bondage	אֲנִכִּי יְהוָה אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ מֵאֶרֶץ מִצְרַיִם מִבֵּית עֲבָדִים:

Abarbanel's Commentary	אברבנאל שמות פרשת יתרו פרק כ
A parable to a king who enters a city, and his ministers say to him, "Make decrees upon the people." The king responds, "No. When they accept my kingship, I will make decrees upon them. If they don't accept my kinship, they won't accept my decrees either." Thus said God to Israel "I am the Lord your God" I am the one whose kingship you accepted on yourself, so too my decrees you should keep.	אנכי ה' אלקיך (רש"י שמות י"ח ב') משל למלך שנכנס למדינה אמרו לו עבדיו גזור עלינו גזרות אמר להם לא כשתקבלו את מלכותי אגזור עליכם גזירות שאם מלכותי אינכם מקבלים גזרותי איך תקיימו. כך אמר הקדוש ברוך הוא לישראל אנכי ה' אלקיך אני הוא שקבלתם עליכם מלכותי כך קבלו.

According to the Abarbanel, Emunah, Belief in Hashem is a necessary component of every Mitzvah that we do.

- ❖ HOW IS "אנכי ה' אלקיך" A COMMANDMENT, IT SEEMS MORE LIKE A STATEMENT?
- ❖ CAN YOU FULFILL OTHER MITZVOT IF YOUR FOUNDATION ISN'T SOLID?

Psalms	תהלים פרק לז
Trust in Hashem and do good, dwell in the land and nourish yourself with faithfulness.	ג בָּטַח בִּיקוֹן וַעֲשֵׂה טוֹב שְׁכֹן אֶרֶץ וְרַעַה אֱמוּנָה:

Chazon Ish	חזון איש
"Dwell in the land and nourish yourself with faithfulness" (Psalms) Rav Dessler explains, just like a sheep that grazes in the pasture all day, and isn't satisfied with eating just at meal times. So too, we have to work on strengthening our Emunah all day.	"שכן ארץ ורעה אמונה" רא"א דסלר זצ"ל ביאר בשם גדולים 'רעה אמונה' מלשון מרעה, כמו שהצאן לועס במרעה כל היום, ולא מסתפק בזמנים קבועים לאכילה, כך צריך להתעסק באמונה ולהתחזק בה מידי יום ביומו.

*There were famous Rabbis who used to follow this practice of sharing Hashgacha pratis stories at their shabbos table and encouraged their children to do the same. The children were rewarded with special treats in return. When we open our eyes, we can see and appreciate Hashem's loving touch in our everyday lives.*

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- ❖ THE CHAZON ISH SUGGESTS THAT A PERSON SHOULD CONSTANTLY BE WORKING ON EMUNAH.
  - ❖ WHAT DO YOU THINK IS A GOOD WAY TO WORK ON STRENGTHENING YOUR EMUNAH?
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### A STORY FROM RABBI DR. ABRAHAM TWERSKI

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"I am a football fan, a rabid Jets fan. I'll never miss watching a Jets game. One weekend I had to be away, so I asked a friend to record the game for me. When I returned, she said, 'By the way, the Jets won.'"

"I started watching, and it was just horrible! The Jets were being mauled. At half-time they were behind by twenty points. Under other circumstances, I would have been a nervous wreck. I would have been pacing the floor and hitting the refrigerator. But I was perfectly calm, because I knew they were going to win."

"Ever since I turned my life over to God, I no longer get uptight when things don't go my way. I may be twenty points behind at half-time, but I know it's going to turn out o.k. in the end."



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- ❖ WHY DOES KNOWING THE ENDING MAKE THE UPS AND DOWNS EASIER?
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### CONCLUDING THOUGHTS

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- ❖ We learn the importance of recognizing Hashem, both in the dark times and in the light.
- ❖ Emunah is a prerequisite to all the mitzvos.
- ❖ A person, who truly believes in Hashem, never gives up hope, because he knows that Hashem is in control.

