

הַיֵּצֵר הָרַע נוֹקֵשׁ בְּאָדָם בְּכָל פַּעַם וּמַעֲוִירֵוּ

The Yetzer Knocks Again and Again

THE TEACHING

A short teaching about persistence, the yetzer's and ours: "הַיֵּצֵר הָרַע נוֹקֵשׁ בְּאָדָם בְּכָל פַּעַם", the evil inclination knocks on a person every time, stirring him up.

MAIN POINTS

- Even if he doesn't listen and turns his back (פּוֹנֶה עֲרָף), it knocks again: a second time, a third, a fourth, and more.
- But if a person is strong in his mind and stubborn (עֹקֵשׁ) against it, and doesn't turn to it at all, then it gives up and goes away.
- The same is true in prayer (תְּפִלָּה) of the thoughts that come to confuse you, again and again: be strong, don't look at them at all, and they leave.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When the same temptation or distraction knocks again and again, don't argue and don't look. Be stubborn, and it will tire before you do.

<https://breslovai.com/tinyana/051/>

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