

על־ידי חֲלִישוֹת הֶלֶב נּוֹפְלִים פְּחָדִים עָלָיו

A Weak Heart and Fears

THE TEACHING

A short teaching about fear and the strength of the heart: fears (פְּחָדִים) fall upon a person through weakness of the heart (חֲלִישוֹת הֶלֶב).

MAIN POINTS

- A mighty man (גִּבּוֹר) has no fear at all, because might (גְּבוּרָה) lives mainly in the heart.
- One whose heart is strong fears nothing, runs into the thick of battle, and prevails through the strength and courage of his heart (חֶזֶק וְאַמֵּץ לֵב).
- And the reverse: the soft-hearted (רַכ־יֵלֶכֶב) are afraid. As the Torah says of soldiers: “אִישׁ הָיָא וְרַף הֵלֶכֶב” (דברים כ:ח), “the man who is fearful and soft of heart”, and Rashi explains that he is afraid because his heart is soft.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Don't fight each fear one by one. Strengthen the heart, with faith, prayer and joy, and the fears lose their grip.

<https://breslovai.com/tinyana/043/>

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