

לְעֵינֵינוּ הַתְּחַזְקוֹת לְבַל יִפֹּל הָאָדָם בְּדַעְתּוֹ מִחֵמֶת

Believe You Can Repair

THE TEACHING

One sentence of strength (הַתְּחַזְקוֹת) for a person in danger of falling in his own mind (לְבַל יִפֹּל הָאָדָם בְּדַעְתּוֹ), because of the many blemishes and damages (פְּגָמִים וְקִלְקוּלִים) he caused through his deeds.

MAIN POINTS

- He sees how much he has spoiled, and starts to feel there is no hope for him.
- To strengthen him, Rebbe Nachman said: “אִם אַתָּה מְאֲמִין, שְׂיִכּוּלֵינוּ לְקַלְקֵל, תִּאֲמִין שְׂיִכּוּלֵינוּ לְתַקֵּן”, “if you believe that one can damage, believe that one can repair.”
- He already believes his deeds really count. The Rebbe turns that belief around: if deeds matter enough to damage, they matter enough to repair.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Teshuvah (תְּשׁוּבָה), a prayer, one good step, are just as real as the damage. Never stop at half the belief.

<https://breslovai.com/tinyana/112/>

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