

Comfort Yourself
Rabbi Zev-Hayyim Feyer

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Our thought for today is
COMFORT YOURSELF

Comfort lies in spiritual wisdom. It comes when surrender replaces resistance.

COMFORT YOURSELF

Our anguish is as enduring as our attitude toward it.

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No grief, however devastating, can survive the healing balm of spiritual purification. But it must be turned over, in a willing deed of commitment, to the Benign Power Which transmutes it, through Love, into a victory and rededicates it to a new pursuit – the joy of living.

COMFORT YOURSELF

If we lift the veil of sadness and seek beauty, we participate again in joy. Instead of dreading the "what if," we may add another word – "So what if." We then find that the feared calamity dissipates itself as new alternatives appear to relieve the tension.

COMFORT YOURSELF

Comfort is delayed if we nurse our grief.
Comfort is attained if we nurture life.

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As the Psalmist (119:50) declares,
This is my comfort in my affliction – that Thy promise gives me life.

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And now, let us enter the silence, taking this thought with us and resting in it

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