



Trusting in Hashem

BITACHON

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Yeshivas Darche Noam*

We are all familiar with the adage, “make hay while the sun shines”. Take advantage of favorable circumstances while the opportunity exists.

The Shulchan Aruch (או"ח סי' ר"ל סעיף ה') brings this as halacha, “A person should continually train himself to say, ‘Whatever Hashem does is for the good’”.

The Chazon Ish writes in his sefer “Emunah and Bitachon”, that a person can fool himself into thinking that he has acquired expertise in Bitachon. However, when he finds himself in a situation of adversity or hardship, he is devastated to discover that his bitachon is only superficial. It has not yet penetrated his soul.

Therefore, a Jew person needs to continually train himself in bitachon, to train himself to see the good in everything that Hashem sends his way. If he practices this when life is “going according to plan”, then when life takes a turn “not according to plan”, he will be prepared to meet the challenge Hashem has sent his way.

With the Shulchan Aruch in mind, I would like to pursue the mitzvoh of bitachon. Some topics I will address are:

- how to train oneself in bitachon
- what is the difference between emunah and bitachon
- the connection between bitachon and simcha
- how to approach adversity, loss or misfortune
- how to maintain emotional and spiritual stability in these situations

I will provide handouts from a variety of sources, including rishonim, mussar and Chassidus.