

Bitachon. It should be the simplest mitzvah, merely going about our lives based upon the *emunah* we already have: that everything that happens in this world is preordained by Hashem our loving Father. So why is it so hard? Because a person's mindset is affected by his actions more than anything else and the actions we do throughout our day seem to subconsciously contradict the above *emunah*. Intellectually, we know that these actions are merely the obligation of *hishtadlus* – acting within the natural order of the world. We understand that Hashem has decreed that in the absence of such *hishtadlus* we may forfeit the good that has already been decreed upon us. However, the fact remains that because of this obligation our actions are constantly reinforcing the opposite of our *emunah*. So what is the solution? Before each action of *hishtadlus* contemplate on the true reason you are performing these actions. A great method to simplify this process is to constantly remember the following:

...G-d, may He be blessed, supervises the details of people's [lives] and knows all of their deeds, and [that] **everything that happens to them - good or bad - is through His decree** and His commandment according to their merit or their guilt, and like the matter that they, may their memory be blessed, said (*Chullin 7b*), "A man does not [so much as] bruise his finger below (on earth), unless it is announced about him from above (in Heaven)" ... (Sefer HaChinuch 546)

Since everything that happens in the world is first announced above, one's goal in every action he takes should solely be, "How do I get my desired outcome to be announced above?"

"I want this deal to go through. I know it can only happen if it is first written above. How can I improve my chances of it being written above? Well, I can ask my Father, who desires my good more than I desire it myself, to announce it or I can perform a *mitzvah* in its merit. Should I send a convincing email to the person I seek to make the deal with? Well, how will that improve my only goal: that it be announced above? It won't. So why should I do it? Because if it is already written above, you may still lose it by not performing your obligation of *hishtadlus*.

By changing our constant goals from, "How do I get this done?" to "How do I get this announced above?" instead of our *hishtadlus* constantly negating our *emunah*, they will continually reinforce it.

Established By:



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