

## THE ONLY THING WE HAVE TO FEAR IS FEAR ITSELF!

Before Pesach, we brought down from the Arizal that a plague can only affect those who are fearful. However, regarding those who strengthen their hearts in Bitachon in Hashem and overcome their fear, nothing bad can happen to them. We explained this based upon the words of the Chovos HaLevavos: *One who places his trust in someone else, Hashem removes his Divine providence, so to speak, from upon him, placing him under he who he has placed his trust in.*

Upon further research it seems that this is already alluded to in the Pasuk (Iyov 3:25): “For what I feared has overtaken me; What I dreaded has come upon me.” This can be understood as Iyov simply saying that he always feared he would suffer as he did, however, from the following Gemara (*Brachos 60a*) we see that fear itself is the cause of the suffering: ***Yehuda bar Nasan was coming and going after Rav Hamnuna. Yehuda bar Nasan sighed; Rav Hamnuna said to him: Do you wish to bring suffering upon yourself; as it is stated: “For that which I did fear has come upon me, and that which I was afraid of has overtaken me” (Iyov 3:25)?*** From here we see that the only thing we have to fear is fear itself!

*Established By:*



Priority-1