

Mussar Gathering - January 26, 2025

LIFTING OUR SPIRITS

A Mussar Facilitator Toolkit

By Julie Dean

Thus says Ado-nai—Let My people go that they may serve Me." (Exod. 8: 16)

וַיּאמֶר יְהֹוָה אֶל־מֹשֶׁה הַשְּׁכֵּם בַּבֹּקֶר וְהִתְיַצֵּב לִפְנֵי פַרְעֹה הִנֵּה יוֹצֵא הַמָּיְמָה וְאָמַרְתָּ אֵלָיו כֹּה אָמַר יְהֹוָה שַׁלַּח עַמִּי וְיַעַבְדָנִי.

"Teach ourselves [the wisdom of Mussar] and to make it known to others.

- Rabbi Moshe Chaim Luzzatto (RaMChal), Messilat Yesharim (1707-1746)





"Cursed is the person who trusts solely in people and makes their flesh the source of strength and turns away from God. They will be like a tree in the desert and will not see when good comes. They will inhabit the parched places of the desert, a salty, uninhabited land. Blessed is the person who trusts in God, and whose hope God is. For they shall be like a tree planted by the waters, and that spreads out its roots by the river, and shall not see when the heat comes, but its leaf shall be green; and shall not be anxious in the year of drought, or shall it cease from yielding fruit." (Jeremiah 17:5-8)

