

Healthy Fear

Posted by Pachad - 17 Jan 2016 21:15

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Hello Everyone.

My user name is Pachad

I originally chose my user name "Pachad" because my favorite sefer is Pachad Yitzchak from Rav Hutner.

However there is another underlying idea that I think is very appropriate to this holy struggle that we are engaged in.

I heard the following great idea in the name of the Sfas Emes (also heard it in the name of Rav Joseph Ber Soloveitchick) that i think is very important.

We say on Rosh Hashana "uvechen ten pachdecha". We ask for Pachad, fear, from Hashem. But isn't fear demoralizing and depressing? Doesn't it lead to unhealthy neuroses?

The Sfas Emes explains that normally pachad is unhealthy and demoralizing. But there is one fear that is actually inspirational. We are asking, Hashem we have many fears from many different things. Fears of parnasa, fears of what people think of us, fears of not living up to our potential, fears of failing, etc. Hashem, please replace all of those fears with just one pachad- the fear of not doing what is morally right. If we only have that fear, then we become released from any other fear.

Lets us pray every day - Hashem please let me have just one overriding fear - yiras shomayim, and that will supplant and release me from every other fear.

This is the one fear that actually make us feel good about ourselves- makes us proud of ourselves!

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Re: Healthy Fear

Posted by GuideMe - 18 Jan 2016 04:37

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Nice, thanks!

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Re: Healthy Fear

Posted by TalmidChaim - 18 Jan 2016 15:23

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Beautiful post! Thank you!

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Welcome