

Thank You Hashem - Recognizing the Good

Posted by 138eagle - 25 Feb 2025 21:51

The days move on, my difficulties did not end.

Yesterday again I had a hard day, I felt myself down again. I realize that I need to focus on the ??? that is in my life, and to thank ???"?" for all of it, this will be the only way that I can move forward.

Often on these forums there is a focus on what is bothering us, and that is very important. But we need to also focus on the triumphs of life.

So as I was talking to a friend from here, I challenged him that we will be in contact each day to focus on something to thank ???"?" for each day. This will give us the strength to continue life.

So here it is, the Thank You Hashem Thread.

I will bl"n post here a good point of my life each day, and I invite and challenge you all to join me as I embark on this journey of focusing on the good that I have.

(this is not in any way to minimize anyone's difficulties and challenges, including my own this is hopefully a way to deal with them)

Some points, as I begin on how I would like this to look.

1. Aim for one month of every day.
2. Thank ???"?" in detail.
3. It should not be repetitive. Do not repeat the same thing for at least 10 days.

Join us! Recognize the good in our lives!

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 25 Feb 2025 21:52

Day 1

This was Sunday as I was sitting in my car in front of my house.

Thank you for my wonderful house. It is large and has room for my entire family. We even recently did some work and I now have a study that I was able to learn with in relative peace and quiet while there were all sorts of things going on in the rest of the house.

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 25 Feb 2025 21:52

Day 2

This was as I was under pressure at work and things were not going smooth sailing. I got up to get something from the side room.

Thank you ????" for a job that I can be productive at. I have a decent salary comparative to the general job market.

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Re: Thank You Hashem - Recognizing the Good

Posted by redfaced - 25 Feb 2025 23:30

[138eagle wrote on 25 Feb 2025 21:52:](#)

Day 2

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get something from the side room.

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Yes, this thread is intentionally not being called The Happery.

I was the friend and Hopefully I can say challenge accepted.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 25 Feb 2025 23:40

[redfaced wrote on 25 Feb 2025 23:30:](#)

[138eagle wrote on 25 Feb 2025 21:52:](#)

Day 2

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Thank you ????"? for a job that I can be productive at. I have a decent salary comparative to the general job market.

Yes, this thread is intentionally not being called The Happery.

I was the friend and Hopefully I can say challenge accepted.

Now you have something to thank about.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 26 Feb 2025 16:50

Day 3

Thank you for the fact that my older son is doing so well. He has gone through a lot to be where he is now and he continues to grow and improve.

Many neighbors and friends come over to me to tell me how good he looks and sounds. They tell me how they see he grew so much. I also recognize that he is doing so well.

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Re: Thank You Hashem - Recognizing the Good
Posted by odyossefchai - 26 Feb 2025 18:06

I love these kind of posts and ideas.

We thank Hashem for us. If we go through our lives counting the amazing blessings we have, then WE get to focus on the good and enjoy it.

It's not so much about what Hashem gets out of it (He's infinite and can't get personal enjoyment)

Yesterday it was warm (first time in a long time) and I had a football catch with my son.

Yes of course we all know the benefits of playing with your kids and what it does for them and also their relationship with their parents.

But I was thinking about my enjoyment. I got to have 20 minutes of fun with my son. That's tremendous pleasure and bracha that I personally enjoyed. And I'm grateful that Hashem gave that to me.

I'm blessed.

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 27 Feb 2025 19:53

Day 4

Last year, one of my children went through an extremely difficult situation, putting myself, my wife, this child and most of the family through Gehinom for the better part of 10 months.

Thank you Hashem that through blood, sweat, tears and many heartfelt prayers my child is doing so well now. Possibly even better than she was before.

Last night when I was davening Maariv, I concentrated on this prayer from Hashem. I was brought to tears that things are doing so good. How can I have not focused on this improvement till now!

Thank you!

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Re: Thank You Hashem - Recognizing the Good
Posted by chaimoigen - 28 Feb 2025 01:16

Big chizzuk, thanks

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 28 Feb 2025 15:48

Day 5

Thank you Hashem for my wonderful wife.

Even though I do not always recognize how good she is and sometimes feel upset and angry at her, really, I can go on for hours about how good she is.

I will suffice with one feeling. A deep feeling of appreciation.

The other day, I was feeling under pressure at work, and I got up for a minute to air out. I felt the need to just talk to my wife and ask her how her day was going. That connection would have picked me up a bit to be able to move further. She happened not to answer her phone, but the feeling that was inside of me of the connection that I had to her was a great feeling.

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Re: Thank You Hashem - Recognizing the Good
Posted by amevakesh - 28 Feb 2025 16:28

You are one of my role models.

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Re: Thank You Hashem - Recognizing the Good
Posted by jollylemur95 - 28 Feb 2025 16:46

I just found this thread. It is brilliant in its simplicity!

Thanking hashem for all the perceived "small" things.

The Meshach Chochma says that when we say in Modim, Erev vboker vtzaorayim it is not going on the words immediately before on all the nissam shabichol es. Rather it is going back in the beginning of the bracha Modim anachnu lach! We thank hashem all day, every day! (truthfully there is so much to say on this topic)

Thank you Rav Eagle for showing us how!!

Yashar Koach!!!

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 02 Mar 2025 23:01

Day 6

Thank you ????" for a wonderful neighborhood full of Bnei Aliyah to live in.

There are times during my day when I am among people that do not 100% align with my values and aspirations, (not necessarily detrimental). B"H I have a neighborhood and a group of friends that keeps me grounded in my real values.

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Re: Thank You Hashem - Recognizing the Good

Posted by 138eagle - 02 Mar 2025 23:01

Day 7

(This was over Shabbos)

Thank you ????" for a wonderful Rav.

A Rav that I share much of my daily struggles (even touched upon my struggles from GYE) and my pain. He is full of caring, understanding and empathy for everything I am going through. His support helps me sometimes in the darkest hour.

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Re: Thank You Hashem - Recognizing the Good

Posted by BenHashemBH - 03 Mar 2025 14:24

Shalom Reb Eagle,

I love what you have started and it's a tremendous chizzuk and lesson that I ought to follow.

Your last 7 days were thank yous for external things. Wondering if you've got an internal thank you (self-appreciation) coming down the line?

Keet it up Brother!

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