



What is There to Look Forward to on Tisha B'Av?

Kedusha : Destruction and Rebuilding

Aspiring to Holiness is within reach of every one of us.



Self-restraint grows *Kedusha*.



Growing in *Kedusha* is “work that is done quietly, silently, known to no one but himself and God, on one’s own inner self.”



God cherishes your efforts to improve even more than perfection.



A small step *is* a great journey.



The Holy of Holies:
where Torah and Tefilla embrace.



Kedusha is the perfect synthesis of the physical and spiritual worlds.



The pain of *Tisha B'Av* is the pain of losing sight of God’s love for us; the pain of rejection.



On *Tisha B'Av*, we can lay the foundation for growing towards *Hashem*, through realizing what we have lost through our carelessness and *ta’ava*, and committing to become something greater.



Tisha B'Av is the mid-way point where the nadir of destruction meets the first seeds of hope.

