

The Science of Believing in Yourself

**#1**

**Today's Learning Material**

**Torah Bereishis 12:1**

*G-d said to Avram, "Go for yourself from your land, from your relatives, and from your father’s house to the land that I will show you."*

**#2**

**The Faith of G-d, Britain's Former Chief Rabbi Lord Jonathan Sacks**

The real religious mystery, according to Judaism, is not our faith in G-d. It is G-d’s faith in us.

**Questions:**

* **What does it mean?**
* **What is significant about this statement?**

**Midrash Sifre, Ha’azinu 307**

*“The G-d of faith” means “the G-d who had faith in the universe and created it.”*

**Question: Do you really know whether those closest to you - your significant other, your companions, your friends - love you or have faith in you, or is that just wishful thinking on your part?**

**#3**

**Rabbi Nachman of Breslov**

*A person must have faith in himself, recognizing that he is beloved in G-d's Eyes.*

**Tzidkas Hatzadik 154, Rabbi Tzadok Hakohen**

*Just as a person must believe in G-d, so too must he believe in himself.*

**Henry Ford**

Whether you think you can or whether you think you can’t, you’re right.

**Questions:**

* **How can we know whether we have self-esteem, and whether our self-esteem is strong enough?**
* **Do you believe in yourself?**
* **Why do people stop believing in themselves?**
* **Is there a way to learn how to believe in oneself?**
* **What is a healthy way “boost” your sense of self-esteem?**

**Mishnah Pirkei Avos 2:5**

*… And don't believe in yourself until the day you die ...*

**Questions:**

* **Doesn't faith in oneself bring arrogance, egotism, and a lack of faith in G-d?**
* **Does this Mishnah contradict the above mentioned teachings that one must "*believe in oneself"?***

**#4**

**Johann Wolfgang von Goethe (1749 - 1832), German writer**

*Treat a man as he is and he will remain as he is.*

*Treat a man as he can and should be and he will become as he can and should be.*

**Question: Do you agree with this?**

**It's All in Your Mind, Sarah Yosef**

Our thoughts about other people also have a tendency to fulfill themselves. Thoughts have tremendous power, a certain potential that is always active.

**Question: Do you have a friend, family member etc whom you can help by believing in them?**

**#5**

**Question: What's your takeaway from today's discussion?**