the sefira project

WEEK 6

Thank you Hashem for the world you created for me!

Yesod means foundation. It's the base, the support, the root. It's what something is built on. And the foundation of things is really important. If the foundation is weak, the thing won't last.

Imagine your family is building a new house because you need more bedrooms for the kids. The contractor starts talking about the basement & pillars to support the house. Would you say, "Oh, we don't care about that at all. Our basement isn't important, this is about bedrooms..." NO!!! Of course not. You know if there isn't strong support those bedrooms & everything else is going to crumble!!!

Now, think about our amazing world. What is the foundation of the world? What does it exist on? It exists because Hashem wants it to exist! It exists because Hashem decided to make a world & do good for us!!! **Aren't we lucky?**

This week we are going to focus on the fact that Hashem brings us back day after to day top be a part of this amazing world.

When you wake up & say Modeh Ani think about the fact that Hashem created this world for YOU & concentrate on the words "Shehechezarta be neshamasee" You Hashem, returned my Neshama to me. Thank you for this world & for another day!

I concentrated on Modeh Ani on:

Sunday Monday Tuesday Wednesday Thursday Friday Shabbos

To join the challenge

TYHNation.com/Sefira





The link to enter the weekly winner raffle will be emailed to all participants.