

Bitachon Meditations

FROM SHAAR HABITACHON

1. G-d loves me and has compassion for me
2. G-d watches over me always. He never abandons nor neglects me
3. G-d is invincible and smarter than anyone or anything. G-d can do anything, even find solutions to problems that seem impossible to solve
4. G-d knows what is best for me, even better than I myself know. G-d has a plan that is perfect for me
5. G-d is in constant control. I am under His exclusive, loving care from the moment of my birth and throughout my life-from beginning to end
6. G-d is in complete control. Nothing and no one can help or harm me, except with the permission of G-d
7. G-d loves me unconditionally and has deep compassion for me, even when I am undeserving or unworthy

LET GO AND LET G-D