



# DAILY BOOST

10 MENACHEM AV

GEULAH THROUGH GOLUS

ב"ה

## FROM MOURNING TO JOY

*Anyone who mourns for Jerusalem in this world will rejoice with her in the future, as it is written, "Rejoice with Jerusalem and exult in her all those who love her; rejoice with her a rejoicing, all who mourn over her." Based on this verse, Abaye said that Tisha B'Av [the 9th of Av] is destined to be the day of greatest joy. Tisha B'Av is a day of mourning in this world. In the future, G d will turn it into a holiday, as it is written, "I will transform their mourning into rejoicing, and I will comfort them and make them rejoice from their sorrow." (Psikta Rabbasi 28:3)*

The knowledge that Tisha Be'Av—and really all fast days—will be transformed into a holiday ought to color the way we approach such a day already now. Instead of reflecting on our oppression, it is an opportunity to reflect on the contrast between our current state and what is to come in the very near future.

Such an attitude can be applied to all negative and hopeless situations in life: all dips are to facilitate greater jumps. The challenge is to recognize the purpose when one is still in the dip, before the jump. But the future transformation being so near, can, and should, impact your attitude tremendously for the better, even now.

*Likkutei Sichos, vol. 15, p. 412-421*