



DAILY BOOST

1 MENACHEM AV

GEULAH THROUGH GOLUS

ב"ה

A MONTH OF COMFORT

*Five calamities befell our forefathers on the ninth of Av
[Therefore,] when Av begins, we decrease in joy.
(Talmud, Taanis, 26a)*

The month of Av is the saddest month of the Jewish year. The tragedies that occurred in Av include the destruction of both the First and Second Temples.

Nevertheless, the month is formally known as Menachem Av, which means “our Father will comfort us.” This name is both a prayer and a promise that our Father in Heaven will transform the negativity and suffering of exile into everlasting happiness and joy by bringing the Final Redemption.

The lesson is that even when exile seems the darkest, we must feel certain that one day soon, G-d will comfort us. This expectation gives us the strength to do our part to end exile and hasten the time when G-d will transform our sorrow to joy.

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