

# INERTIA

*by Rabbi Raymond Beyda*

I'm really not in the mood to write this message. I'm sure you understand. Everyone has his or her moments. You've probably had many occasions where you had something important to complete but didn't feel like doing it. Humans are basically lazy creatures who seek comfort and relaxation not hard work and toil.

Well, it is easy to justify slacking off from peak performance once in a while but it is very difficult to sit idle and not perform at all. So I sat down and started to put these thoughts down in writing because it is my responsibility to do so regardless of mood swings.

There are many situations where one feels he or she does not want to act to fulfill an obligation - but one must. Once you commit to do something you must live up to that commitment.

How does one get to do that which one prefers to avoid doing? Start to do it. Make the first move. Inertia keeps a body at rest unless acted upon by an outside force. The positive energy provided by your will to live up to your responsibility is enough to counteract against the negative powers pushing you to shirk your obligations. Just get moving and you will prompt motion towards successful completion of your tasks. You see - I started and now I am done

## **DID YOU KNOW THAT**

There must be ten men of age present for a congregation to recite the Kaddish or Kedushah or Barekhu. Should a group begin the Kaddish with a quorum and some members leave before it is completed they may continue saying the Kaddish with those remaining so long as there are 6 or more members left in the room.

Source: Shulhan Arukh: O'H, Siman 55:2

## **CONSIDER THIS FOR A MINUTE**

*Only G-d matches people for marriage. He chooses the best mate for every person. If you are not happy with your mate you are questioning His judgment.*

---

Text Copyright &copy; 2003 [Rabbi Raymond Beyda](#) and **[Project Genesis, Inc.](#)**