

Yedids blog

Posted by yedid_nefesh - 31 Aug 2011 12:52

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Re: Yedids blog

Posted by JackAbbey - 12 Sep 2011 23:24

shevah yipoll tzaddik vekomm

BECAUSE he fell THEREFORE he is now standing

the actual fall, gave him the lesson how to keep upright by the next challenge

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Re: Yedids blog

Posted by yedid_nefesh - 13 Sep 2011 17:31

Fell twice this afternoon, though it could have been worse because I was planning on falling tonight. This morning I was feeling so strong brilliant davening great learning and then before you know it the yetzer comes up with these ingenious plans it turned out to be a very long day and he provide many opportunities to look.for some reason I don't feel so depressed about it because I will beezratHashem learn from this fall.Tizkeh Lmitzvot and thanks to the many people who posted messages which I only read now but I will for sure use them as chizuk many thanks once again

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Re: Yedids blog

Posted by heuni memass - 13 Sep 2011 17:33

[heuni memass wrote on 12 Sep 2011 16:10:](#)

Sorry to hear that - it seems like you are feeling stuck like we all do when we are in the rut. what have you been doing to help stop? do you have filters? did you read the hand book?

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Re: Yedids blog

Posted by alexeliezer - 13 Sep 2011 18:19

Glad you're coming back, fessing up and posting.

The best defense is an overwhelming offense.

What's your plan?

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Re: Yedids blog

Posted by bardichev - 13 Sep 2011 19:23

say fell shmell

say it loud

wink good bye

and into the truck

vrooom vrooom

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Re: Yedids blog

Posted by yedid_nefesh - 13 Sep 2011 19:25

my plan is to daven, try visit the forum daily, constantly strenthening myself and thinking and hopefully will start the guide book tomorrow

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Re: Yedids blog

Posted by Yossi.L. - 13 Sep 2011 20:56

[yedid_nefesh wrote on 13 Sep 2011 19:25:](#)

my plan is to daven, try visit the forum daily, constantly strenthening myself and thinking and hopefully will start the guide book tomorrow

Gevaldig! And next time you feel an overwhelming urge: just type in " guardyoureyes.org" and your fellow soldiers here will assist you in fighting your evil inclinations.

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Re: Yedids blog

Posted by JackAbbey - 13 Sep 2011 21:03

NO NO NO! dont start TOMMOROW

START TODAY !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: Yedids blog

Posted by yedid_nefesh - 14 Sep 2011 13:16

Day 1: it's been as successful day BH so far.when I started to feel weak I sang songs to myself that give me chizuk. I don't mean to brag but there were so many opportunities to look which I overcame bsiyata dismay. The yetzer hora really wouldn't let up - I would walk a route that the unsniutdik don't walk on and them taka at that route he puts temptation. When I felt at one stage at break(recess) that there was temptation I got up - the feeling is amazing.

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Re: Yedids blog

Posted by alexeliezer - 14 Sep 2011 16:50

All beginnings are difficult.

Good idea to avoid dangerous routes.

Take it one nisayon at a time, one decision at a time.

It does feel good. Never let your guard down. The new you doesn't let his guard down.

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Re: Yedids blog

Posted by Yossi.L. - 15 Sep 2011 13:01

! FULL CLEAN DAY! Amazing Yedid! Keep fighting

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Re: Yedids blog

Posted by yedid_nefesh - 15 Sep 2011 17:59

Ok here's day two sum up. Shacharit was bad but I strengthened myself later in the morning. It really wasn't easy , for one of my classes there was a woman standing in good view outside for a long time i could have let my eyes stray but i continued davening for siyata dismaya .I feel that it helps to have a different pasuk everyday that gives me chizuk by humming and contemplating it throughout the day.Today it was Im amarti mata ragli chasdecha Hashem yisadeini(I saw I on someones post on gye)-if you think the challenge is impossible don't worry because if you do your part Hashem will do his .After overcoming that I felt a level of ruchnius that I haven't felt in ages. This may sound gaavadik but I felt like a Tzaddik. Unfortunately in the afternoon I let my guard down and for a couple hours I wasn't mapped on shmirat einyayim. The thing is that my success with siyata dishmaya in the morning has given me chizuk - I know it's possible. Overall I feel it's been a good day and tonight we can maybe see some learning. Thanks for listening to my ramblings and Tizkeh Lmitzvot.

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Re: Yedids blog
Posted by alexeliezer - 15 Sep 2011 18:35

Yedid,

You're gonna be big!

The Y"H will probably try to argue that you slipped so you're done.

Not so! If the images pop into your head, get davening! You're on track. Hashem will take your lust if you keep asking him, keep telling him you want to give it up.

Shteig on!

Manyana,

Alex

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Re: Yedids blog
Posted by JackAbbey - 15 Sep 2011 19:35

yaalaa brother

if that posuk helped you there, you're in for a fight

just try having ONE FULL DAY ONLY clean

i tried once the posuk 8 in yehoshuah alef, alef

where hashem told yoshuah, i am with you, dont be affraid, i told you allready, i will hold your
right hand

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